

ACTIVE OLDER ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AquaFit 8:05 - 8:55AM	AquaFit 8:05 - 8:55AM	AquaFit 8:05 - 8:55AM	AquaFit 8:05 - 8:55AM	AquaFit 5:30 - 6:20AM	AquaFit 8:05 - 8:55AM
XaBeat Lite 9:10 - 9:55AM	SilverSneakers® Classic 9:00 - 9:45AM	Senior Circuit 8:00 - 8:45AM	Silver Sneakers® Classic 9:00 - 9:45AM	AquaFit 8:05 - 8:55AM	SilverSneakers® Classic 7:45 - 8:45AM
AquaFit 6:05 - 6:55PM	Yogaflow 10:00 - 10:50AM	Line Dancing 9:00 - 9:45AM	Yogaflow Strength 10:00 - 10:50AM	Gentle Somatic Yoga 9:00 - 10:00AM	SUNDAY
	SilverSneakers® Splash 12:05 - 12:55PM	Chair Yoga 10:00 - 10:45AM	AquaFit 12:05 - 12:55PM	Line Dancing 10:15 - 11:00AM	
		AquaFit 6:05 - 6:55PM		AquaFit 5:35 - 6:25PM	AquaFit 1:05 - 1:55PM
					Candlelight Yoga 6:30 - 7:30PM

**All Group Fitness classes are included in a membership *Classes are drop-in style, no pre-registration required *Class times subject to change*

AquaFit | This class combines segments of cardio and strength training using water approved weight resistance tools. Designed for all fitness levels and covering strength, cardio, and mobility, well enough to wear you out!

Candlelight Yoga | Make a mind body connection that will aid in your body's flexibility and strength. The focus of this class is to learn what the body can do and honor its accomplishments. All levels are welcomed and encouraged.

Chair Yoga | Chair yoga is designed to mindfully increase range of motion while making yoga accessible to people recovering from an injury, mobility limitations, or balance concerns.

Gentle Somatic Yoga | Through Somatic Movement Flows you will build internal awareness and unlock your body's response to stress and muscular pain. This class is very gentle and all are welcome.

Line Dancing | Have you always wanted to know how to do the Boot Scootin' Boogie? Come and join us as we work our way through a repertoire of classic line dances.

SilverSneakers® Circuit | Using a mix of handheld weights, elastic resistance tubing with handles, and a non-weighted ball, you'll move through alternating cardio and strength segments designed to challenge you safely.

SilverSneakers® Classic | A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers® ball are offered for resistance.

SilverSneakers® Splash | This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. A special SilverSneakers® kickboard is used to develop strength and coordination.

Yogaflow | Get your whole system moving and start improving your energy. Learn classical yoga asanas to improve your posture, balance, mobility and flexibility. Instructions on using straps, blocks, bolsters and blankets.

Yogaflow Strength | Our intention is to create better joint health, support protect and stabilize the spine through core strengthening poses, improve energy through the breath and increase overall strength and vitality.

XaBeat Lite | XaBeat Lite dance-fitness class uses hit music to provide cardio and toning in a party like atmosphere for the active older adult or the beginner dancer.