

ACTIVE OLDER ADULT CLASSES

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

**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!

Aqua Strides | This 30-minute, low-impact water fitness class builds strength, balance, and confidence as participants walk pool lengths through varying depths—using webbed resistance gloves to boost upper-body intensity without joint strain. Aqua Strides is ideal for those recovering from injury or surgery, or anyone seeking a safe, supportive way to improve mobility and balance.

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® 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.

Slow Flow Meditation | Combine Tai Chi & Qi Gong-inspired movements with Gentle Somatic Yoga to strengthen bones and joints and build whole-body vitality. Gentle movements ease the feet, knees, spine, shoulders, and neck while resetting the nervous system for inner peace and harmony.

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.