

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

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

AquaFit

Get a full-body workout in the water! Combine cardio, strength training, and mobility exercises using water-resistance equipment. All fitness levels welcome.

Aqua Strides

A 30-minute, low-impact water workout focused on improving strength, balance, and mobility through walking and resistance exercises. Great for all fitness levels.

Chair Yoga

Experience the benefits of yoga while seated or using a chair for support. Improve flexibility, balance, and mobility in this gentle, accessible class. No experience needed.

Gentle Somatic Yoga

Release tension, reduce stress, and improve body awareness through gentle movements designed to ease muscle discomfort. All levels welcome.

Line Dancing

Get moving and have fun learning classic line dances, including the Boot Scootin' Boogie! No experience necessary.

Senior Cycle (30 Minutes)

Enjoy a fun, low-impact indoor cycling workout designed for active older adults. Build endurance, strengthen your legs, and ride at your own pace.

SilverSneakers® Classic

Improve strength, flexibility, and mobility through exercises using light weights, resistance bands, and other equipment.

Slow Flow Meditation

Relax and recharge with gentle movements inspired by Tai Chi, Qi Gong, and yoga to improve mobility, reduce stress, and promote relaxation.

Step Aerobics

Step up your fitness with a fun, energetic workout that combines cardio, coordination, and lower-body strengthening. Options available for all fitness levels.

XaBeat Lite

Dance your way to better fitness! Enjoy upbeat music, easy-to-follow moves, and a fun, low-impact cardio workout.

Yogaflow

Improve flexibility, balance, posture, and energy through traditional yoga poses and supportive equipment. All levels welcome.

Yogaflow Strength

Build core strength, improve stability, and support joint health through strengthening yoga poses and mindful breathing.