

ACTIVE OLDER ADULTS Group Exercise Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Joy Riders Cycle (Cycle Studio)		8:30am-9:15am		8:30am-9:15am	
Zumba Gold (Group Ex Studio 2)		10:45am-11:30am		10:45am-11:30am	
Silversneakers Circuit (Group Ex Studio 2)		12:15pm-1:00pm		12:15pm-1:00pm	11:15am-12:00pm
SilverSneakers Yoga (Group Ex Studio 2)	12:15pm-1:00pm	1:15pm-2:00pm	11:15am-12:00pm		12:15pm-1:00pm
SilverSneakers Classic (Group Ex Studio 2)	11:15am-12:00pm		12:15pm-1:00pm		
SilverSneakers EnerChi (Group Ex Studio 2)	10:30am-11:00am				10:30am-11:00am
Total Body Sculpt (Group Ex Studio 1)	10:20am-11:05am				
Cardio Fusion (Group Ex Studio 1)			8:15am-9:00am		8:15am-9:00am
Les Mills THRIVE (Group Ex Studio 2)	8:30am-9:15am			8:30am-9:00am	

*Remember to reserve your spot using our website, mobile app or stop by the front desk and our membership staff can assist you.

CLASS DESCRIPTIONS:

Joy Riders Cycle: This class is an interactive cycle ride for those "seasoned in life". Priority goes to 50+years of age with class sign-up and attendance.

Zumba Gold: This class is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Silversneakers Circuit: This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Silversneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

Silversneakers EnerChi: This class combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. Breathing, movement and meditative exercises create a calm, natural balance of energy.

Total Body Sculpt: A total body workout utilizing a variety of resistance equipment to strengthen and tone major muscle groups.

Cardio Fusion: Cardio Fusion is a total body workout "infused" with cardio & strength training. All strength training will use resistance tubing and varied core work packed in a 45 minute class.

Les Mills THRIVE: Les Mills THRIVE is a workout catering to the needs of the active older adult age group. The class is set to familiar music and is designed to cater to a variety of fitness levels, from those who need balance support through to those who are ready to add resistance. We focus on lower body strength to enhance functional stability and walking ability, in conjunction with core strength and flexibility training.