



Group exercise class schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics (8:45am-9:30am)	Early Bird Stretching and Mobility (8:15am-8:45am)	Water Aerobics (8:45am-9:30am)	Early Bird Stretching and Mobility (8:15am-8:45am)	Water Aerobics (8:45am-9:30am)
Prime Fit (9:45am-10:30am)	Core Power (9:00am-9:30am)	Prime Fit (9:45am-10:30am)	Core Power (9:00am-9:30am)	Prime Fit (9:45am-10:30am)
Functional Fitness (10:30am-11:00am)	Strong Bones (9:30am-10:00am)	Functional Fitness (10:30am-11:00am)	Strong Bones (9:30am-10:00am)	Functional Fitness (10:30am-11:00am)
Line Dancing with Colleen (1:00pm-2:00pm)	Fit Circuit (10:30am-11:00am)	Yoga With Stacey (3:45pm-4:30pm)	Fit Circuit (10:30am-11:00am)	
Yoga with Stacey (3:45pm-4:30pm)	Advanced Tai Chi with George (2:00pm-2:45pm)		Advanced Tai Chi with George (2:00pm-2:45pm)	



Water aerobics: class emphasizing muscle toning, stretching, and cardiovascular exercise. Utilizes the water for resistance. A great class for improving balance and coordination.



Tai Chi: involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Great for building strength and improving balance.



Core Power: Focus on building abdominal muscles and conditioning. Using body weight and a large stability ball, we use a mix of exercises geared to build core strength on the ground. Added core strength helps alleviate back pain and can improve balance.



Fit Circuit: is a great way to get a quick, high intensity workout in. Transitioning from station to station, you will attain a 30 minute workout focused on balance, cardio, and strength.



Functional Fitness: This light aerobics class is designed to increase flexibility, strength and endurance. The exercises are done seated with the use of a ball and dumbbells.



Prime Fit: Class designed to increase balance, coordination, muscular strength and cardiovascular endurance. Class is spent standing and moving around while performing exercises with body weight, balls, and dumbbells.



Strong Bones: Class designed to maintain and develop bone health using low impact movements, light resistance and gentle stretching. This class has a focus on strengthening and improving range of motion in the hips, legs, and wrists.



Line Dancing: Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance.



Yoga: Gentle yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.



Early Bird Stretching and Mobility: Focused on all aspects of mobility which includes holding static stretches and increasing joint range of motion in both the seated, standing, and floor formats.