

**Effective January 2026**

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack in attendance. A class may be filled with an alternate class when an instructor is unavailable.
- Those ages 12 and older may participate in group and aquatics exercise classes unless otherwise noted.
- Classes listed \$ are paid programs. All other classes are included with a membership.

# GROUP EXERCISE SCHEDULE

## SHIREMAN STUDIO (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info.
<b>Yoga</b> 9 - 10:00 a.m. Abby  <b>(ALSO ON ZOOM)</b> Meeting ID: 825 5418 5178 Password: yoga	<b>Group Cycling</b> 9-10 a.m. Courtney	<b>Pilates</b> 9 - 10 a.m. Abby  <b>(ALSO ON ZOOM)</b> Meeting ID: 825 5418 5178 Password: yoga	<b>Group Cycling</b> 9-10 a.m. Courtney	<b>Yoga</b> 9 - 10 a.m. Abby <b>(ALSO ON ZOOM)</b> Meeting ID: 825 5418 5178 Password: yoga	<b>Silver Sneaker classes also at the South Harrison Community Center with Sarah on Thursdays 10:45-11:45am</b>
	<b>Flow &amp; Restorative Yoga</b> 6:00 – 7:00 p.m. Lindsey				

## LARGE GROUP EX ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info.
<b>Total Body Fitness</b> 6-6:45 a.m. Kindell	<b>Group Cycling</b> 6:30 - 7:30 a.m. Mary Ann	<b>Women on Weights (WOW!)</b> 6 - 6:45 a.m. Rhonda	<b>Group Cycling</b> 6:30 - 7:30 a.m. Mary Ann	<b>Total Body Fitness</b> 6-6:45 a.m. Kindell	
<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 - 10:00 a.m. Cheryl		<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 -10 a.m. Cheryl	
<b>REFIT®</b> 10:05 - 11:05 a.m. Cheryl	<b>Curls &amp; Crunches</b> 10:00 -10:40 a.m. Robert	<b>Curls &amp; Crunches</b> 9:10-9:50 a.m. Sarah		<b>REFIT®</b> 10 - 11 a.m. Sarah	
	<b>Silver Sneakers® Classic</b> 10:45a.m.-11:45p.m. Sarah	<b>REFIT®</b> 10 a.m. - 11 a.m. Sarah	<b>Rock Steady Boxing for Parkinson's</b> \$ 1:00-2:30pm Angela L & Tom		
	<b>Rock Steady Boxing for Parkinson's</b> \$ 1:00-2:30pm Angela L & Tom				
			<b>Total Body Fitness</b> 5:30-6:30 p.m. Kindell		

### CLASS COLOR CODE:

Rock Steady Boxing for Parkinson's

MIND/  
BODY

STRENGTH/  
CIRCUIT

GROUP  
CYCLING

CARDIO/  
HIIT

DANCE

AOA (Active  
Older Adults)

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<b>Sprint 8</b> 6 - 6:30 p.m. Courtney \$ <b>PROGRAM TAKES PLACE IN THE FITNESS CENTER CARDIO ROOM</b>	<b>Flow &amp; Restorative Yoga</b> 6:00 - 7:00 p.m. Lindsey	<b>Sprint 8</b> 6 - 6:30 p.m. Courtney \$ <b>PROGRAM TAKES PLACE IN THE FITNESS CENTER CARDIO ROOM</b>			

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<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 - 10:00 a.m. Cheryl	<b>Curls &amp; Crunches</b> 9:10-9:50 a.m. Sarah	<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>Country Throwdown</b> 9 -10 a.m. Cheryl	
<b>REFIT®</b> 10:05 - 11:05 a.m. Cheryl	<b>Curls &amp; Crunches</b> 10:00 -10:40 a.m. Robert/Kindell	<b>REFIT®</b> 10 a.m. - 11 a.m. Sarah	<b>Silver Sneakers® Classic</b> 9 - 10 a.m. Sarah	<b>REFIT®</b> 10 - 11 a.m. Sarah (No class 2/27)	
	<b>Silver Sneakers® Classic</b> 10:45a.m.-11:45p.m. Sarah		<b>Rock Steady Boxing for Parkinson's</b> \$ 1:00-2:30pm Angela L & Tom		
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# CLASS DESCRIPTIONS

## Country Throwdown

Great country music with simple line dance-inspired moves. If you want to lose weight but have been waiting for the simple, fun program without burpees, pull-ups, or hip-hop backflips...You're gonna LOVE Country Throwdown.

## Curls and Crunches

Curls & Crunches is a dynamic, strength-centered workout that blends cardio, muscle toning, and core training for a balanced full-body session. Class begins with a cardio warm-up, then progresses into strength intervals using a variety of equipment—including dumbbells, light barbells, resistance bands, and occasionally exercise balls—depending on the instructor's format for the day. You'll challenge your midsection with both standing core work and mat-based core and bridge work, completed either early or later in the class, based on the workout flow. Expect targeted lower-body toning, functional strength training, and a satisfying stretching cooldown to finish. Perfect for all fitness levels, with modifications and equipment options always provided.

## Group Cycling

A superior cardiovascular workout which incorporates different levels of resistance, speed and intensity. Participants are encouraged to cycle at their own ability level.

## Pilates

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates transforms the way your body looks, feels, and performs. Focusing on spinal alignment and strengthening abdominal and back muscles, Pilates builds strength without excess bulk, creating a sleek and toned body. Appropriate for all fitness levels.

## REFIT®

REFIT® combines several elements of fitness into one power-packed hour. While the focus is structured around cardio dance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular 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 available if needed for seated or standing support.

## Women on Weights (WOW!)

Join other motivated women for abs and core training, strength, and endurance drills, jogging, calisthenics and more in this morning class geared to give results.

## Yoga

Experience a calming and rejuvenating practice in this Hatha-style yoga class. With a focus on holding poses and proper alignment, this class is perfect for building strength, improving flexibility, and finding balance. Suitable for all levels, it offers a slower pace to help you connect with your breath, reduce stress, and leave feeling refreshed and centered.

## Flow & Restorative Yoga

Unwind from your day with a calming blend of gentle movement and deep relaxation. This class begins with a slow, mindful flow to release tension, improve flexibility, and connect breath with movement. We'll then transition into restorative poses supported by props to encourage rest, reduce stress, and restore balance to both body and mind. Perfect for all levels, this evening practice is designed to leave you feeling grounded, refreshed, and ready for a peaceful night's rest.

## Total Body Fitness

Total Body Fitness is an energizing, full-body workout designed to build strength, boost cardio endurance, and tone every major muscle group. This class combines heart-pumping cardio, targeted strength training with dumbbells, and effective core work, both standing and on the mat, for a balanced, calorie-burning session. Each class finishes with a gentle stretching cooldown to enhance mobility and leave you feeling strong, refreshed, and accomplished. Perfect for all fitness levels, with modifications and progressions offered throughout!