Effective November 2026

- Schedule is subject to change. All classes are dependent upon enrollment and may be cancelled if there is a lack of 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

SMALL GROUP EX. ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info
Yoga 9-10 a.m. Abby **(ALSO ON ZOOM)** **Meeting ID:** 825 5418 5178 Password: yoga	**Group Cycling** 9-10 a.m. Courtney **Flow & Restorative Yoga** 6-7 p.m. Lindsey	**Group Cycling** 7-8 a.m. Kindell **Pilates** 9-10 a.m. Abby (ALSO ON ZOOM) Meeting ID: 825 5418 5178 Password: yoga	**Group Cycling** 9-10 a.m. Courtney **SENIOR PROM** NOVEMBER 14TH 6-10 P.M. GYMNASIUM	**Yoga** 9-10 a.m. Abby **(ALSO ON ZOOM)** **Meeting ID:** 825 5418 5178 Password: yoga	**Silver Sneaker classes at the South Harrison Community Center with Sarah on Thursdays 10:45-11:45 a.m.**

LARGE GROUP EX. ROOM (2nd Floor)

MON	TUES	WED	THURS	FRI	Add. Info
Total Body Fitness 6-7 a.m. Kindell **Silver Sneakers** 9 -10 a.m. Sarah **REFIT®** 10 -11 a.m. Sarah **Total Body Fitness** 5:30 -6:30 p.m. Kindell	**Group Cycling** 6:30 -7:30 a.m. Mary Ann **Country Throwdown** 9 -10 a.m. Cheryl **Curls & Crunches** 10 -10:40 a.m. Kindell **Silver Sneakers** 10:45 -11:45 a.m. Sarah **Rock Steady Boxing for Parkinson's $$** 1-2:30 p.m. Sarah & Tom	**Women On Weights (WOW)** 6-6:45 a.m. Rhonda (Last class 11/4), **Cycle & Sculpt** 6-7 a.m. Kindell Begins 11/11 New Class **Curls & Crunches** 9:10 -9:50 a.m. Sarah (Robert subs 11/4) **REFIT®** **10 -11 a.m.** Sarah (Robert subs 11/4) **Y Connect** 11:30 a.m. - 1:00 p.m.	**Group Cycling** 6:30 - 7:30 a.m. Kindell **Silver Sneakers** 9 -10 a.m. Sarah **Rock Steady Boxing for Parkinson's $$** 1-2:30 p.m. Sarah & Tom **Total Body Fitness** 5:30 -6:30 p.m. Kindell	**Total Body Fitness** 6-7 a.m. Kindell **Country Throwdown** 9 -10 a.m. Cheryl **REFIT®** **10 -11 a.m.** Sarah **Y Connect** 11:30 a.m. - 1:00 p.m.	**Y Connect** Wednesdays and Fridays 11:30 a.m.- 1:00 p.m. Connecting Older Adults to Wellness, Friendship, and Community

Rock Steady Boxing for Parkinson's

MIND/BODY	STRENGTH/CIRCUIT	GROUP CYCLING
CARDIO/HIIT	DANCE	AOA (active older adults)

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 in 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.

Cycle & Sculpt
60-Minute Cardio & Strength Workout
Pedal your way to a stronger you! Cycle & Sculpt combines indoor cycling, weight training, and calisthenics for a dynamic, full-body workout. Alternate between cardio intervals on the bike and strength-building exercises using dumbbells and your own body weight. Improve cardiovascular endurance, build muscular strength, and challenge your body in a fun, motivating class. All fitness levels are encouraged to participate at their own pace, with modifications offered as needed.

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!