GROUP EXERCISE SCHEDULE

NOVEMBER 2026

MORNING CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Sweat 8:00-8:45 AM Kelli Studio A	Step Interval 5:40-6:40 AM Marianne Studio A	Group Cycling 6:00-6:30 AM Carol Studio B	Interval Training 5:40-6:30 AM Michelle B. Studio A	Group Cycling 6:00-6:30 AM Carol Studio B	Interval Training 5:40-6:30 AM Michelle B./Julia Studio A	Group Cycling 8:00-8:45 AM Multiple Instructors Studio B
Sunday Stretch 9:00-9:30 AM Hunter/Julia Studio A	Lift & Cycle 8:30-9:30 AM Michelle W. Studio B	Mobility and Balance 6:35-7:05 AM Carol Studio B	Group Cycling 8:00-8:45 AM Julia Studio B	Mobility and Balance 6:35-7:05 AM Carol Studio B	Interval Training 8:30-9:30 AM Alyssa Studio B	Slow Flow Yoga 9:00-10:00 AM Tracy Studio B
	Zoom Dance 9:00-9:30 AM Becky Studio A	Group Cycling 8:00-8:30 AM Holli Studio B	Core & More 9:00-9:30 AM Julia Studio B	Slow Flow Yoga 7:15-8:15 AM Tracy Studio A *Class cancelled 11/5	Zoom Dance 8:30-9:30 AM Becky Studio A	HIIT 9:15-10:15 AM Amy Studio A
	SILVER & FIT 9:45-10:45 AM Becky Gymnasium	Circuit Training/Tabata 8:30-9:30 AM Holli Studio A	Zoom Dance 9:00-9:30 AM Becky Studio A	Interval Training 8:30-9:30 AM Julia Studio A	Cardio Drumming 9:45-10:15 AM Michelle W. Studio A	ZUMBA® 10:30-11:30 AM Heidi Studio A
	Pilates – All Levels 11:00-12:00 PM Becky Studio A *Class cancelled 11/2	ZUMBA Gold® 9:00-9:30 AM Cathy Gymnasium	SILVER & FIT 9:45-10:45 AM Becky Gymnasium	Ageless Fitness 9:45-10:45 AM Julia Studio A	*Studio Reserved* OFA - Line Dancing 10:30-11:30 AM Studio A	
	Water X 11:00-12:00 PM Diane Pool	SILVER & FIT 9:45-10:45 AM Cathy Gymnasium	Water X 11:00-12:00 PM Diane Pool	Shallow Water X 11:00-12:00 PM Karen Pool	Water X 11:00-12:00 PM Diane/Karen Pool	
		Cardio Drumming 9:45-10:15 AM Michelle W. Studio A				
		Shallow Water X 11:00-12:00 PM Karen Pool				

AFTERNOON & EVENING CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rusty Hinges 12:00-1:00 PM Diane Pool	Group Cycling & Abs 4:00-4:45 PM Marianne Studio B	Rusty Hinges 12:00-1:00 PM Diane Pool	Total Body Burn 5:00-6:00 PM Kate Studio A	*Studio Reserved* Riptide Swim Team 4:15-5:45 PM Studio A	
	Burn Bootcamp 5:00-5:45 PM Brianna Studio A	Total Body Burn 5:00-6:00 PM Kate Studio A	Aqua Yo-Pi-Chi 2:00-3:00 PM Patrice Pool	Vinyasa Yoga 5:30-6:30 PM Kenneth Studio B		
	CycleX 5:15-6:00 PM Wendy Studio B	Lift & Cycle 5:15-6:15 PM Kelli Studio B	Abs Class 4:45-5:00 PM Amy Studio B	ZUMBA® 6:30-7:30 PM Heidi Studio A		
	Pilates – All Levels 6:00-7:00 PM Lori Studio A	Dance Fusion 6:30-7:30 PM Liz Studio A	Group Cycling 5:00-5:45 PM Amy Studio B	Water X 7:00-8:00 PM Lori Pool		
		Water X 7:00-8:00 PM Lori Pool	Burn Bootcamp 5:00-5:45 PM Brianna Studio A *Class cancelled 11/25			
			Pilates – All Levels 6:00-7:00 PM Lori Studio A *Class cancelled 11/25			

Cardio

ZUMBA®: A fusion of Latin and International music themes that create a dynamic, exciting and effective fitness workout. A combination of fast and slow rhythms tone and sculpt the body and burn calories the fun way!

ZUMBA GOLD/ZOOM DANCE: A fusion of music themes that create an effective fitness workout. Instructors modify the moves & pacing to suit the needs of active older participants, as well as those just starting their journey to a fit & healthy lifestyle.

DANCE FUSION: A fun and energetic, dance fitness workout. Instructor led dance routines designed to burn calories, tone muscles and boost cardiovascular endurance!

GROUP CYCLING: An instructor led workout on specialty stationery bikes. This high energy class is low impact; you control the intensity of each class by modifying resistance and body positions.

CYCLEX/LIFT & CYCLE: Not your typical cycling class! During this instructor led workout on stationary bikes you will also incorporate light weights and other movements to maximize your cardio workout.

CARDIO DRUMMING: Cardio drumming is a new and growing fitness trend that uses drum sticks and stability balls; it combines creativity and fitness to give you an exciting aerobic workout. This can be done standing or seated which makes this a fun class for everyone!

Interval

INTERVAL TRAINING: Energetic, high energy cardio & strength class to challenge you for your fitness goals. Class outline based on Instructors design. (Elements of Abs, Cycling and Barre may be added)

STEP INTERVAL: Not your average step class! Step interval combines stepping with light resistance training to give you an exciting workout that you'll be sure to enjoy!

Mind/Body

PILATES – ALL LEVELS: This class will strengthen the body's core muscles including the abs and lower back and will tone the body and increase flexibility. The class is taught on a mat.

VINYASA/SLOW FLOW YOGA: The primary focus is to achieve relaxation through a series of poses and breathing techniques. Whether you are a beginner, more advanced Yogi, or somewhere in between, you will walk away from this class with not only increased range of motion, increased strength, but also a relaxed and destressed soul.

SUNDAY STRETCH: Improve flexibility, reduce tension, and move with ease in this 30-minute guided stretch class designed to support overall mobility for all levels.

Strength

HIIT (High Intensity Interval Training): A class designed for a head-to-toe workout. You move and challenge yourself at your own pace with new exercises you may not have tried or seen before! HIIT is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

SILVER & FIT EXPERIENCE: The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength & cardiovascular endurance.

TOTAL BODY BURN/BURN BOOTCAMP: This class targets both strength and cardio. Workouts designed to build muscle while also incorporating cardio through various methods such as cycling, running, rowing, tabata and more.

ABS CLASS: Designed to tone, build and strengthen the abdominal muscles.

AGELESS FITNESS: Multi-level exercises that includes a variety of exercises and equipment. Friendly atmosphere appropriate for every level of fitness. Ideal warm up before and stretching at the end of each class.

CIRCUIT TRAINING/TABATA: Tabata and circuit training are a type of training that involves rotating between several exercises that target different muscle groups with minimal rest in between. It's ideal for those looking for a quick, effective, full-body workout.

CORE & MORE: During this 30-minute class you will use a variety of equipment such as yoga balls, dumbbells and medicine balls while targeting the abdominal muscles. Appropriate for all ages and skill levels!

SUNDAY SWEAT: Kick off your Sunday with a dynamic mix of weights and movement - the perfect energizing lead-in to our fan-favorite Sunday Stretch class.

Aquatics

WATER X: Make a Splash with low impact but high energy water exercise class. Let the instructor lead you through exercises utilizing the resistance of the water.

SHALLOW WATER X: This class packs a punch without ever leaving the shallow end of the pool. Let the water ease the pressure on your joints while still receiving a full workout.

AQUA YO-PI-CHI: Find your balance in the water! This unique class combines the flowing movements of Tai Chi, the core-strengthening of Pilates, and the flexibility of Yoga, all in the support of the pool. Gentle on the joints yet effective for building strength, balance, and relaxation, Aqua Yo Pi Chi is perfect for all fitness levels. Leave class feeling centered, energized, and refreshed.

RUSTY HINGES: Ease those creaky joints and get moving again with Rusty Hinges, a low-impact aquatics class designed to gently improve flexibility, mobility, and strength. Set in the supportive environment of warm water, this class is perfect for older adults, beginners, or anyone looking to ease back into physical activity after time away