

CLASS SCHEDULE

- For all classes, please be sure to bring a towel and bottle of water
- Class descriptions on reverse side
- Effective January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Silver Sneakers 8:00 am Johnnequa 1st floor classroom		Silver Sneakers 8:00 am Johnnequa 1st floor classroom	
Step & Sculpt 8:15 am Juanita 2nd floor classroom	Spin & Win 8:15 am Juanita Spin Room	Step & Sculpt 8:15 am Juanita 2nd floor classroom	Circuit & Strength 8:15 am Juanita 2nd floor classroom	Step & Sculpt 8:15 am Juanita 2nd floor classroom
	Stretch & Relax 9:15 am Dagmar 1st floor classroom		Stretch & Relax 9:15 am Dagmar 1st floor classroom	
Circuit & Strength 5:30 pm Juanita 2nd floor classroom	Step & Sculpt 5:30 pm Juanita 2nd floor classroom	Step & Sculpt 5:30 pm Juanita 2nd floor classroom	Spin & Win 5:30 pm Juanita Spin Room	Step & Sculpt 5:30 pm Juanita 2nd floor classroom
Zumba 7:00 pm Maria 2nd floor classroom	Zumba 7:00 pm Maria 2nd floor classroom	Zumba 7:00 pm Maria 2nd floor classroom	Zumba 7:00 pm Maria 2nd floor classroom	



CLASSES AVAILABLE

Circuit & Strength

A variety of exercises to improve muscular fitness and boost cardiovascular efficiency for your whole body. Combined with a strength-building workout that will boost your metabolism, this format incorporates total body conditioning into multiple “rounds” of exercises meant to challenge and excite you.

Spin & Win

Enjoy a blend of low-impact dance aerobics and core-conditioning exercises for all fitness levels. Reduce your stress with a series of stretch and relaxation moves that increase joint range of motion and flexibility.

Step & Sculpt

A lively, balanced, and effective workout that includes high-energy, low-impact floor or step aerobics, and body sculpting which strengthens and tone your muscles to improve coordination.

Silver Sneakers - Chair Strength & Cardio

These classes focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, balls, and other equipment. Cardio classes get your heart pumping for cardio health and boosting your metabolism. A chair can be used for seated exercises.

Stretch & Relax

Relax and rejuvenate as you stretch, breathe, and center your mind. The movements and postures in this class will improve your flexibility, balance, and strength.

Zumba®

This class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, bellydance, bhangra.