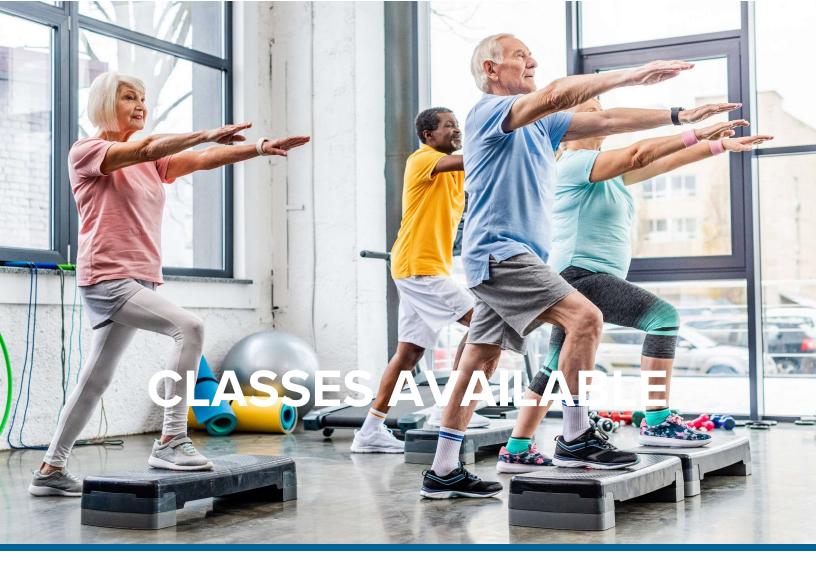


CLASS SCHEDULE

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Silver Sneakers 8:00 am Dagmar 1st floor classroom		Silver Sneakers 8:00 am Dagmar 1st floor classroom	
Step & Sculpt 8:15 am Juanita 2nd floor classroom	Step & Sculpt 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
Yoga 9:30 am Dagmar 1st floor classroom	Yoga 9:15 am Dagmar 1st floor classroom		Yoga 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	



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.

Yoga

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

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.