

# July 2026

## Membership Aerobics Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30-9:30am Cardio Fusion (Gym) Yvonne</p> <p>9:45-10:45am Strength and Stretch (Community Room) Yvonne</p> <p>11:15-12:15pm Silver Sneakers Chair Yoga (Community Room) Tricia</p> <p>5:30-6:30pm Barre (Community Room) Melanie</p>	<p>8:00-8:45am Barre Beats (Community Room) Kelly</p> <p>9:00-9:45am Butts &amp; Guts (Studio A) Kelly</p> <p>10:00-11:00am Zumba (Community Room) Jislen</p> <p>10:15-11:00am Flex Fitness (Studio B) Tricia</p> <p>11:15-12:15pm Silver Sneakers Classic (Community Room) Melanie</p> <p>5:30-6:30pm Zumba (Community Room) Jislen</p>	<p>8:30-9:30am Workout Warriors (Gym) Tricia</p> <p>10:00-11:00am Forever Fit (Community Room) Tricia/Melanie</p> <p>11:15-12:15pm Silver Sneakers Classic (Community Room) Melanie</p> <p>5:30-6:30pm Pilates Beats (Community Room) Melanie</p>	<p>8:00-9:00am Pilates Beats (Community Rm) Kelly</p> <p>9:00-10:00am Zumba (Studio A) Yvonne</p> <p>9:15-10:00am Stretch &amp; Restore (Studio B) Kelly</p> <p>10:15-11:00am Empower Strength (Community Room) Tricia</p> <p>11:15-12:15pm Silver Sneakers Classic (Community Room) Melanie</p> <p>5:30-6:30pm Zumba (Community Rm) Jislen</p>	<p>8:30-9:30am Cardio Fusion (Gym) Yvonne</p> <p>9:45-10:45am Strength and Stretch (Community Room) Yvonne</p> <p>10:00-11:00am Zumba (Studio A) Lynn</p> <p>11:15-12:15pm Silver Sneakers Classic (Community Room) Melanie</p>	<p>8:45-9:45am Zumba (Community Room) Yvonne</p> <p>10:00-11:00am Strength and Stretch (Community Room) Yvonne</p> <p><b>Please note:</b> 7/3— Closed for 4th of July (observed) 7/4— Closed for 4th of July 7/4— Closed for 4th of July 7/6— Cardio Fusion Cancelled 7/6— Strength and Stretch Cancelled 7/6— Barre (Sub Kelly) 7/8— Workout Warriors Cancelled 7/8— Forever Fit Cancelled 7/8— Silver Sneakers Classic Cancelled 7/8— Pilates Beats (Sub Kelly) 7/23— Empower Strength (Sub Kelly)</p>

*\*Check in at the front desk for a class ticket, Tickets are available one hour prior to the class start time. Space is limited. Please arrive on time, No entrance to class once it begins.*

### **FOREVER FIT**

This class is more challenging than Silver Sneakers but not as intense as Hi/Low aerobics and is perfect for beginners, intermediate, and active older adults who want to get a safe yet effective cardio workout that also offers strengthening and stretching. Come get fit and have some fun!

### **CARDIO FUSION**

This class combines the benefits of a cardio workout, strength training and flexibility training into the perfect group fitness class. With a focus on strengthening your spirit, mind and body.

### **SILVER SNEAKERS CHAIR YOGA**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

### **SILVER SNEAKERS CLASSIC**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

### **ZUMBA**

Zumba and Zumba Gold can be modified to your individual fitness level. These classes are a fusion of Latin and international music/dance themes that create a dynamic, exciting and fun class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **STRENGTH AND STRETCH**

Unleash your full potential with *Strength & Stretch* — The ultimate fusion of intensity and recovery. The first half is a strength workout designed to build muscle and improve bone density. Then, shift gears as the second half guides you through deep, restorative stretching designed to increase flexibility and release tension.

### **BUTTS & GUTS**

Butts & Guts' focuses specifically on developing a strong, powerful lower body and core using various types of training techniques, including resistance bands, weights, and body weight exercises.

### **BARRE BEATS**

Barre Beats combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun while rocking to popular tunes for an intense and accessible muscular-endurance workout that can be modified for everybody.

### **WORKOUT WARRIORS**

Become a Workout Warrior and improve your quality of life. Gain balance to prevent falls and strengthen bones and muscle. Use various equipment as well as body weight to increase fitness; then relax with a cool down/stretch. Class is great for beginners as well as seasoned fitness enthusiasts.

### **EMPOWER STRENGTH**

Functional exercises with the goal to enhance strength, balance, range of motion, and coordination. Complete basic movements to get a full body workout using various equipment including dumbbells, ball, and resistance bands. Perfect for those new to exercise.

### **FLEX FITNESS**

Offers slower paced stretch practice to increase mobility and build a more flexible body. Using blocks, straps and bands will challenge muscles and joints to move freely through a pain-free range of motion while fostering a mind body connection.

### **BARRE**

It is a toning, strength class with small controlled movements, using light weights and body weight resistance. Also along with yoga, Pilates and ballet sculpting and core strengthening.

### **PILATES BEATS**

A popular mat workout concentrating on core strength, body alignment and long, lean muscles without adding bulk.

### **STRETCH & RESTORE**

Offers a soothing blend of deep restorative stretches aimed at releasing muscle tension and enhancing flexibility. Open to all levels, this class focuses on slow, mindful movements that promote relaxation and stress relief.