

WEEKLY GROUP FITNESS

APRIL

&

MAY

MONDAY

- 8A Suspension
- 8:30A Move-it
- 9:15A Outdoor Yoga
- 9:45AM Injury Negation (starts September)
- 10:30A Strength & Stability
- 2P Active Seniors Yoga

TUESDAY

- 8:30A RXFit
- 8:30A Core & More
- 9:45A YIN Yoga
- 11:15A Balance & Fall Prevention (starts September)
- 1P Senior Mobility & Functionality
- 2P Over 60 Training
- 3:15P Tai Chi

WEDNESDAY

- 8A Suspension
- 8A Tabata Battle
- 9A Reaction Time & Fall Prevention Training
- 9:15A Outdoor Yoga
- 9:30A Zumba
- 10:30A Strength & Stability
- 12P Drums Alive
- 2P Yoga for Healthy Aging
- 6P Yin Yoga

THURSDAY

- 8:30A RXFit
- 8:30A Pilates Fusion
- 9:45A Line Dancing INTER
- 10:45A Line Dancing BEG
- 1P Senior Mobility & Functionality
- 2P Over 60 Training

FRIDAY

- 8A Suspension
- 8:30A Strength
- 9:15A Outdoor Yoga
- 9:30A Stability & Strength
- 10:30A Bone Strengthening Through Movement
- 10:30A Balance & Fall Prevention (starts September)

SATURDAY

- 8:30A RXFit Club (2 Saturdays per month)
- 9A Drums Alive (4.11, 5.2, 30; 6.6, 20; 7.11, 18; 8.1, 15, 29; 9.12, 26)
- 10A Preteen Yoga (ends May 31 & resumes September)
- 11A Teen Yoga (starts September)

