NOVEMBER 2026
GROUP FITNESS
SCHEDULE

- **Schedule may change due to Instructor Availability**

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Strength Train Together *(12 max participants)*	Christy	Multipurpose Room
7-9am	PICKLEBALL	-	North Court
8-8:55am	Aquanastics	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	Multipurpose Room
10am-12pm	PICKLEBALL	-	North Gym
5:30pm	Strong In 30-VIRTUAL until further notice	Trista/Video	Multipurpose Room
7:30pm	ZUMBA	Alexis	Multipurpose Room

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Power Spin	Tina	Multipurpose Room
7-9am	PICKLEBALL	-	North Court
8:30am	Strong In 30 *(12 Max Participants)*	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	Both Gyms
10:00am	FOREVERWELL® Strength Circuit	Anita	Fitness Center
10:00am	Drum Fit *(18 Max Participants)*	Trista	Multipurpose Room
10:15am-12pm	PICKLEBALL	-	North Gym
5:30pm	Strength Train Together *(12 max participants)*	Christy	Multipurpose Room

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Strength Train Together *(12 max participants)*	Christy	Multipurpose Room
7-9am	PICKLEBALL	-	North Court
8-8:55am	Aquanastics	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	SilverSneakers Classic	Anita	South Gym
10am-12pm	PICKLEBALL	-	North Gym
2-3pm	Vinyasa Yoga	John	Multipurpose Room
6pm	AquaFit	Jill	Aquatics Center
7:30pm	ZUMBA	Alexis	Multipurpose Room

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Simply Fit	Angela	Multipurpose Room
7-9am	PICKLEBALL	-	North Court
8:30am	Strong In 30 *(12 Max Participants)*	Trista	Multipurpose Room
9:15am	SilverSneakers Chair Yoga	Anita	Both Gyms
10:00am	FOREVERWELL® Strength & Balance Circuit	Anita	South Gym
10:30am-12pm	PICKLEBALL	-	North Gym
5:30pm	Strength Train Together *(12 Max Participants)*	Christy	Multipurpose Room
7:30pm	ZUMBA	Alexis	Multipurpose Room

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:40am	Cardio Kickboxing	Christy	Multipurpose Room
7-9am	PICKLEBALL	-	North Court
8-8:55am	Aquanastics	Trista	Aquatics Center
9:00am	Fusion	Trista	Multipurpose Room
10:00am	Drum Fit *(18 Max Participants)*	Trista	Kid's Gym
10am-12pm	PICKLEBALL	-	North Gym

Exercise Class Descriptions

FOREVERWELL®Strength Circuit: this class targets our senior members, of all ages. Tuesdays we meet in the Fitness Center for 30 minutes to perform a circuit of machines using the selectorizers. Join us afterwards for a fun-filled session complete with coffee and fellowship in the Multipurpose Room.

FOREVERWELL® Strength and Balance Circuit: Thursdays we meet in the South Gym for 30 minutes for free weight exercises using dumbbells and chairs if needed to work on functional strength and balance. Join us for a fun-filled session complete with coffee and fellowship afterwards in the Multipurpose Room.

Aquanastics: Get your body moving in our aquatic based wellness class. Anyone desiring to increase the amount they move their body each day with the low impact and assisted resistance from water. Each session begins with a warm-up and blends aspects of cardiovascular, strength, flexibility, and balance as training tools. Registration is required, with no limit to the number of participants.

Fusion: Non-stop strengthening and sculpting of your core, arms, legs, and glutes using your body weight. Then we add intensity with free weights to give you that toned look! You will keep moving the full 45-minutes of class once we begin and use active recovery while letting your body rest.

Cardio Kickboxing: A fun, high-energy workout combining boxing and kickboxing moves to build cardio, strength, and confidence for all fitness levels.

SilverSneakers Classic: A basic exercise class designed for seniors who would like to stay active. This class uses balls, bands, weights, and chairs for assistance to give a challenging yet fun workout.

SilverSneakers Chair Yoga: A simpler yoga class designed for seniors where you can choose to use a chair for assistance or not. A great way to maintain or improve your flexibility.

Strength Train Together: Maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and bodyweight.

Strong In 3o: This class is a condensed Strength Train Together. You get a full body workout using the STT equipment in 30 minutes.

PICKLEBALL: A fun sport that combines many elements of tennis, badminton, and ping-pong. Meet up with friends to play a friendly game! You must set up and take down the nets please.

ZUMBA®: A total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility. This workout mixes low intensity moves with high intensity moves for an interval style, calorie burning dance fitness party.

Drum Fit: Using rhythm as the source of inspiration, Drumming combines the benefits of a traditional physical fitness program with cognitive health at all life stages.

Simply Fit: This class is suited for all levels of fitness. Simply Fit utilizes simple, low impact anaerobic exercises with bodyweight and weighted resistance training. This class is similar to a beginner bootcamp style.

Power Spin: This spinning class will help improve endurance and strength through a variety of intervals, free weights, and body weight exercises.

Vinyasa Yoga: Vinyasa Yoga is a popular contemporary style of yoga that seamlessly links movement and breath.

AquaFit: a full-body water exercise class designed for all fitness levels, offering both deep and shallow water options to meet you where you're comfortable. Using noodles, float boards, water dumbbells, and a variety of low-impact water exercises, this class helps improve strength, balance, flexibility, and cardiovascular endurance while being gentle on the joints.

Starting Strong: Great for beginners building a workout routine. These scalable, challenging classes help you start strong and continue progressing.	**Inner Athlete:** Designed for intermediate to advanced exercisers. High-intensity workouts that help you become fitter, faster, and stronger.	**Forever Fit:** Low-impact, functional classes designed for adults 60+. Build strength, balance, endurance, and flexibility with workouts that are effective yet easy on the body.

SS IA FF