

GROUP EXERCISE

FALL 2026



MON	TUES	WED	THUR	FRI	SAT	SUN
8:30am HIGHLow Fitness with Elizabeth 9am SilverSneakers Circuit with Lori [Gym] 9:30am Cardio Mix with Kristie 10am SilverSneakers Classic with Dana [Gym] 11am Yoga with Laura 12pm Y Firm with Melissa 1pm Senior Sampler with Lori 5:30pm Cardio Mix with Kristie 6:30pm Core & Strength with Darryl [Steelworks] 7pm Flow Yoga with Monika	8am HIIT & Fit with Olga 9am-9:30am Strong Start Orientation Fitness Equipment 101 9:30am Strength Training with Christa 10am SilverSneakers Classic with Lori [Gym] 11am HIGHLow Fitness with Elizabeth 12pm Chair Yoga with Lori 5pm Zumba with Angela 6pm HIIT & Conditioning with Vicki 7pm Yoga with Kristie	8:30am Strength/Cardio with Kristie 9:30am Sprint 8 with Kristie 10am Zumba Gold with Siu [Gym] 11am Balance & Motion with Julie Kim 12pm Y Firm with Melissa 1pm Senior Sampler with Lori 5:15pm-6pm Start Strong Orientation Fitness Equipment 101 5:30pm Strength Training with Vicki 6:30pm Core & Endurance with Darryl [Steelworks]	8am HIIT & Fit with Olga 9am SilverSneakers Classic with Monika [Gym] 9:30am Strength Training with Christa 10am Silver Sneakers Circuit with Lori [Gym] 11am HIGHLow Fitness with Elizabeth 6pm HIIT & Conditioning with Vicki 7pm Yoga with Kristie	8am HIGHLow Fitness with Elizabeth 9am HIIT CORE with Jasmine [Gym] 9:30am Sprint 8 with Jasmine 10am Gentle Yoga with Julie Kim 10am Silver Soul with Jasmine [Gym] 11am Chair Yoga with Julie Kim 12pm Y Firm with Melissa 1pm Senior Sampler with Lori	9am Strength Training with Vicki 10:15am Zumba with Siu	NO GROUP EXERCISE CLASSES

VIEW CLASS DESCRIPTIONS



Pool GroupEx

Mondays - Water Aerobics @ 6pm with Monika [Main Pool]

Tues/Thurs - Water Aerobics @ 8am & 9am with Bobbi [Main Pool]

Wednesdays - Aqua Tone @ 11am with Monika [Therapy Pool]
 *Aqua Zumba @ 6pm with Janessa [Therapy Pool]
 Water Aerobics @ 6pm with Mindy [Therapy Pool]

Fridays - Water Aerobics @ 9am with Monika [Main Pool]
 *Aqua Zumba will only be held the first Wednesday of the month.