2024 SUMMER SENIOR-FRIENDLY OPTIONS

Effective May 1, 2024

Senior Friendly are only suggestions. Class intensity may vary depending upon instructor and format.

NomeTotal ConditioningC-SGXClara9:20amCycleCCSBrett9:30amMat PilatesMBMBLynda10:30amRestorative Roll & RecoveryMBMBLeigh11:30amZumbaCGXRocio11:30amZumbaCGXRocio11:30amZumbaCGXRocio11:30amZumbaCGXGaby9amLow Impact Circuit TrainingC-SFFJoe9:30amHigh LowCGXKaralee9:30amGreatest H.I.I.T.S. CycleCCSJill10:30amForever FitC-SGXCathleen10:30amForever FitC-SGXCathleen10:30amGentle YogaMBMBAlicia6:30pmSwingCMBTal***********************************	00	Time	Class Intensity	Emphasis	Studio	Instructor
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7pm Tango 101 C MB Jo & Tal		5:30pm	Hatha Yoga - Level 1-2	MB	MB	Nivi
		6:30pm	Zumba	С	GX	Mary
8pm Tango 102 C MB Jo & Tal		7pm	Tango 101	С	MB	Jo & Tal
		8pm	Tango 102	С	MB	Jo & Tal

C: Cardio F: Flexibility C-S: Cardio & Strength F-S: Flexibility & Strength MB: Mind/Body S: Strength



	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	8:30am	Zumba	С	GX	Gaby
	9am	Low Impact Circuit Training	C-S	FF	Joe
	9:30am	High Energy Cycle	С	CS	Jamie
	9:30am	Turbo Kick	С	GX	Clara
	9:30am	Ballet	MB	MB	Michelle
	10:30am	Forever Fit	C-S	GX	Lisa
	11:30am	Tai Chi	MB	GX	Judy
	11:30am	Gentle Yoga	MB	MB	Michelle
	5:30pm	Zumba	С	GX	Heather
	6:30am	Functional Yin and Deep Stretch	MB	MB	Jason
	8:30am	Stretch & Roll	MB	MB	Maria S
	9:30am	Pilates	MB	MB	Lynda
THURSDAY	9:30am	Cycle	С	CS	Laura
	10:30am	Forever Fit	C-S	GX	Leigh
	11:30am	Gentle Yoga	MB	MB	Stacia
	1pm	Better Balance	MB	MB	Jo
	6:30pm	Gentle Yoga	MB	MB	Faith
	8:30am	Express Cycle	С	CS	Jill
	8:30am	Zumba	С	GX	Gaby
FRIDAY	8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve
	9:30am	Stretch and Roll	MB	MB	Maria S
	10:30am	Stretch	MB	MB	Kay
	10:30am	Forever Fit	C-S	GX	Cathleen
SATURDAY	9:30am	Turbo Kick	С	GX	Clara
	10:30am	Cardio Dance	С	GX	Heather
	1pm	Hatha Yoga - Level 1-2	MB	MB	Maria
S	1pm	Zumba	С	GX	Eileen

- Class spots must be reserved online. Reservations may be made 48 hours in advance.
- Classes start on time. Late arrivals are not permitted after 10 minutes.
- Members have a five-minute grace period, after which we may fill open spaces.
- Classes have capacity limits: GX = 25; MB = 18; Cycle = 15.
- If you "no-show" multiple times, your ability to reserve a spot may be restricted.
- Participants need to bring their own water bottle.
- Schedule is subject to change.

NOTES