

# 2024 FALL SENIOR-FRIENDLY OPTIONS

Updated November 1

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8am	Total Conditioning	C-S	GX	Clara
	9:20am	Cycle	C	CS	Brett
	9:30am	Mat Pilates	MB	MB	Lynda
	10:30am	Restorative Roll & Recovery	MB	MB	Leigh
	11:30am	Zumba	C	GX	Rocio
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Maria
<b>MONDAY</b>	8:30am	Zumba	C	GX	Gaby
	9am	Low Impact Circuit Training	C-S	FF	Joe
	9:30am	High Low	C	GX	Karalee
	9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Tai Chi	MB	MB	Judy
	11:30am	Gentle Yoga	MB	MB	Steve
	5:30pm	Evening Yoga Flow	MB	MB	Alicia
6:30pm	Swing	C	MB	Tal	
<b>TUESDAY</b>	8:30am	Strength and Conditioning	S	GX	Sarah
	8:30am	Mat Pilates	MB	MB	Maria S
	9:30am	Circuit Training	C-S	GX	Clara
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Gentle Pilates	MB	MB	Stacia
	11:30am	Gentle Yoga	MB	MB	Stacia
	11:30am	Tai Chi	MB	GX	Judy
	5:30pm	Hatha Yoga - Level 1-2	MB	MB	Nivi
	6:30pm	Zumba	C	GX	Mary

**Studio** GX: Group Ex Studio CS: Cycle Studio  
 MB: Mind/Body Studio FF: Fitness Floor

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



Questions?

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	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	9am	Low Impact Circuit Training	C-S	FF	Joe
	9:30am	High Energy Cycle	C	CS	Jamie
	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	C	GX	Heather
THURSDAY	8:30am	Stretch & Roll	MB	MB	Maria S
	9:30am	Pilates	MB	MB	Lynda
	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
FRIDAY	8:30am	Express Cycle	C	CS	Jill
	8:30am	Zumba	C	GX	Gaby
	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	C	GX	Clara
	10:30am	Cardio Dance	C	GX	Heather
	1pm	Hatha Yoga - Level 1-2	MB	MB	Maria
	1pm	Zumba	C	GX	Eileen

## NOTES

- 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 = 15; Cycle = 15.
- **Beginning December 1, reservations may only be cancelled up to 1 hour prior to class time.**
- 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.