

# 2025 WINTER-SPRING SENIOR-FRIENDLY OPTIONS

Updated February 3

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	7:15am	Functional Yin Yoga & Deep Stretch	MB	<b>MB</b>	Jason
	8:15am	Functional Yin Yoga & Deep Stretch	MB	<b>MB</b>	Jason
	9am	Core & Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	<b>MB</b>	Elise
<b>MONDAY</b>	8am	Mat Pilates	MB	<b>MB</b>	Mindy
	8am	Mobility Express (30 min)	F-S	GX	Sarah
	8:15am	Cycle 40/20	C-S	<b>CS/MB</b>	Barb
	9:15am	Spin and Stretch Express	C-F	CS	Laina
	10:30am	Stretch	MB	<b>MB</b>	Kay
	12pm	Forever Fit	C-S	GX	Bryce
	5:30pm	Zumba	C	GX	Danielle
	6:30pm	Mat Pilates	MB	<b>MB</b>	Kimberly
7:30pm	Gentle Yoga	MB	<b>MB</b>	Julie	
<b>TUESDAY</b>	8am	Core Fusion	MB	<b>MB</b>	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	<b>MB</b>	Laina
	10:30am	Stretch	MB	<b>MB</b>	Kay
	11am	Forever Fit	S	GX	Bryce
	1pm	T'ai Chi	MB	<b>MB</b>	Chots
	6:15pm	Hatha Yoga - Level 1-2	MB	<b>MB</b>	Michelle M
	6:30pm	Circuit Training	C-S	GX	Clara

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

**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	8am	Low Impact Strength & Cardio	C-S	GX	Susan
	8am	Pilates	MB	<b>MB</b>	Mindy
	9am	Express Cycle	C	CS	Laina
	9am	Vinyasa Yoga Flow	MB	<b>MB</b>	Lesley
	10am	Stretch	MB	<b>MB</b>	Kay
	10:30am	Chair Yoga	MB	<b>MB</b>	Alicia
	11am	Stretch	MB	<b>MB</b>	Kay
	5:30pm	Zumba	C	GX	Danielle
	5:30pm	TRX Strength & Cardio	C-S	<b>MB</b>	Alicia
THURSDAY	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	<b>MB</b>	Laina
	10:30am	Slow Flow Yoga	MB	<b>MB</b>	Chanin
	10:30am	Mobility Express	MB	GX	Anna
	11am	Forever Fit	S	GX	Bryce
	5:30pm	Barre Fusion	C-S	GX	Michelle
FRIDAY	8am	Mobility Express (30 min)	F-S	GX	Sarah
	8:30am	Yin Yoga	MB	<b>MB</b>	Chanin
	9am	Spin & Stretch	C-F	CS	Laina
	9:30am	Turbo Kick	C	GX	Clara
	1pm	Tai Chi	MB	GX	Craig
SATURDAY	8:30am	Stretch	MB	<b>MB</b>	Kay
	10am	Weekend Yoga Flow	MB	<b>MB</b>	Michelle
	10:30am	Zumba	C	GX	Danielle

## 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.