

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6
9 am • Circuit • Joanne

13
PASSOVER
JCC CLOSED

20

27
9 am • Circuit • Joanne

7
9 am • Circuit • Kathy
10 am • Muscle Works
Classic • Kathy
11:15 am • Yoga • Soad

14
9 am • Circuit • Kathy
10 am • Muscle Works
Classic • Kathy
11:15 am • Yoga • Soad

21
9 am • Circuit • Kathy
10 am • Muscle Works
Classic • Kathy
11:15 am • Yoga • Soad

28
9 am • Circuit • Kathy
10 am • Muscle Works
Classic • Kathy
11:15 am • Yoga • Soad

1
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

8
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

15
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

22
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

29
9 am • Total Body Step
Circuit • Soad
10 am • Circuit • Soad
11:15 am •
Mindfulness Yoga • Judy
5 pm • Zumba Gold •
Bonnie

2
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

9
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

16
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

23
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

30
8 am • Circuit • Susie
9 am • Boom • Kathy
10 am • Muscle Works
Classic • Susie
11 am • Classic • Susie
12:30 pm • Beginner
Tap • Kathy
1:30 pm • Advanced
Beginner Tap • Kathy

3
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

10
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

17
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold •
Bonnie

24
9 am- SilverSneakers
Stability • Susie
10 am • Classic • Susie
11 am • Total Body
Circuit Step • Susie
5 pm • Zumba Gold
Bonnie

4
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
12 pm • Intermediate
Tap • Kathy

11
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
12 pm • Intermediate
Tap • Kathy

18
9 am • Classic • Joan
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
12 pm • Intermediate
Tap • Kathy

25
10 am • Circuit • Kathy
11 am • Mindfulness
Yoga • Judy
12 pm • Intermediate
Tap • Kathy

5
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

12
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

19
PASSOVER
JCC CLOSED

26
9 am • Total Body Circuit
Step • Joanne
10 am • Yoga •
Joanne

Mindfulness Yoga for Older Adults

This class is for anyone interested in practicing yoga with an emphasis on mind/body awareness. Whether sitting or standing, the exercises will be step by step, allowing each student to work with their own abilities and challenges. Modifications and guidance will be offered, particularly getting into and out of postures. The first half of class will be standing, with chair support if needed, and the last half will be floor practice on mats or seated.

Muscle Works Classic

45 minutes of exercise focused on strength and functional fitness movements using weights, bands and a ball. Chairs available for support.

SilverSneakers Boom Muscle

Muscle-conditioning blocks and cardio intervals alternate to provide improved cardiovascular health and overall fitness.

SilverSneakers® Circuit

A standing circuit workout, with upper body strength work with hand-held weights, elastic tubing with handles, a SilverSneakers® ball and low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Classic

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Stability

Standing class designed to decrease the risk of falls with a focus on improving balance and lower body strength

SilverSneakers® Yoga

SilverSneakers® Yoga moves your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Total Body Step Circuit

Move to the music during low-impact aerobics steps and circuit training using weights and resistance bands. Chairs available for support.

Zumba Gold®

Move and groove your way to a healthy body. This Latin dance-inspired workout is choreographed for beginners and serious seniors.

**Total Body Step and Silver Sneakers Circuit on Tuesdays at 9 and 10 am will take place in the gym*

Adult Tap Classes:
\$10/member
\$14/non-member