

**SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

**Adult Dance Class**  
**Information on Back!**



5

9am- Circuit- Joanne

12

9am- Circuit- Joanne

19

9am- Circuit- Joanne

26

**NO CLASSES**  
**Blood Drive**

6

9am Circuit - Betsy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing-  
Nancy  
2:30pm- PWR! Moves-  
Chuck

13

9am Circuit - Kathy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing-  
Nancy  
2:30pm- PWR! Moves-  
Chuck

20

9am Circuit - Kathy  
10am- Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing-  
Nancy  
2:30pm- PWR! Moves-  
Chuck

27

9am Circuit - Kathy  
10am-Classic- Betsy  
11:15am - Yoga- Soad  
1:30pm- Line Dancing-  
Nancy  
2:30pm- PWR! Moves-  
Chuck

7

**JCC Closed**  
**Sukkot**

14

**JCC Closed**  
**Shemini Atzeret**

21

9am- TBCS- Soad  
10am- TBCS- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:30pm - Beginner  
Tap- Christa  
2:30pm -Ballet-  
Christa  
5pm- Zumba Bonnie

28

9am- TBCS- Soad  
10am- TBCS- Soad  
11:15am- Mindfulness  
Yoga- Judy  
1:30pm - Beginner  
Tap- Christa  
2:30pm -Ballet-  
Christa  
5pm- Zumba Bonnie

1

8am-Circuit-Susie  
10am- Muscle Works  
Classic- Susie  
11am- Classic - Susie

8

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
1:30pm- Adv. Beg.  
Tap- Kathy

15

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
1:30pm- Adv. Beg.  
Tap- Kathy

22

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
1:30pm- Adv. Beg.  
Tap- Kathy

29

8am- Circuit- Susie  
9am- Circuit- Kathy  
10am- Classic- Susie  
11am - Classic- Susie  
1:30pm- Adv. Beg.  
Tap- Kathy

2

**JCC Closed**  
**Yom Kippur**

9

9am - Stability- Susie  
10am- Muscle Works  
Classic- Susie  
11am- TBSC - Susie  
1:30pm- Intermed.  
Tap- Kathy  
5pm- Zumba- Bonnie

16

9am - Stability- Susie  
10am- Muscle Works  
Classic- Susie  
11am- TBSC- Susie  
1:30pm- Intermed.  
Tap- Kathy  
5pm- Zumba- Bonnie

23

9am - Stability- Susie  
10am- Muscle Works  
Classic- Susie  
11am- TBSC- Susie  
1:30pm- Intermed.  
Tap- Kathy  
5pm- Zumba- Bonnie

30

9am - Stability- Susie  
10am- Muscle Works  
Classic- Susie  
11am- TBSC- Susie  
1:30pm- Intermed.  
Tap- Kathy  
5pm- Zumba- Bonnie

3

9am - Classic- Joan  
10am- Circuit - Soad  
11am - Mindfulness  
Yoga- Judy

10

9am - Classic- Joan  
10am- Circuit - Soad  
11am - Mindfulness  
Yoga- Judy

17

10am- Circuit - Soad  
11am - Mindfulness  
Yoga- Judy  
1pm - Show Tunes-  
Kathy

24

9am- Classic- Joan  
10am- Circuit - Soad  
11am - Mindfulness  
Yoga- Judy  
1pm - Show Tunes-  
Kathy

31

9am- Classic- Joan  
10am- Circuit - Soad  
11am - Mindfulness  
Yoga- Judy  
1pm - Show Tunes-  
Kathy

4

9am- TBCSC-  
Joanne  
10- Yoga- Joanne

11

9am- TBSC - Joanne  
10- Yoga- Joanne

18

9am- TBSC - Joanne  
10- Yoga- Joanne

25

9am- TBSC - Joanne  
10- Yoga- Joanne

**Line Dancing**

Get ready to kick up your heels and have a blast! Line Dancing is a lively, feel-good class for adults 18 and up who want to stay active, meet new friends, and dance their way to better health. Whether you're a seasoned dancer or have two left feet, this low-impact, mid- intensity class makes it easy to follow along and have fun. We groove to upbeat music with simple, pre- choreographed steps that make you feel like you're a part of the show. No partner needed, bring your energy and a smile — we'll take care of the rhythm!

**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.

**PWR! Moves®**

PWR! Moves® (Parkinson Wellness Recovery) is a research-backed program designed specifically for individuals with Parkinson's disease. It uses functional, whole-body movements to address motor symptoms and support daily mobility. The exercises target multiple key areas affected by Parkinson's, including posture, trunk mobility, transitions, and intentional movement. Most exercises will be performed in a chair, but some may include standing or even floor work using mats. Modifications will be offered based on each person's mobility level.

**Line Dancing: \$5 member/\$10 non-member**  
**PWR! Moves: Free for members/\$10 non-member**  
**Drop In Dance- \$10 members/ \$14 non-member**  
**Purchase classes at front desk**

**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 (TBSC)**

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.

**Adult Dance, Ages 18 +****Drop In Classes**

(October 17 - Nov. 21)

**Ballet:** Dancers learn foundation ballet technique, terminology and body alignment through structured barre and center work. Emphasis placed on posture, coordination and musicality- no experience necessary, ballet shoes required.

Tuesdays 2:30 - 3:30pm

**Beginner Tap:** Introduces basic tap technique, terminology and rhythm patterns in a supportive and accessible environment. Develop coordination, musicality and strong sense of timing., tap shoes required.

Tuesdays 1:30 - 2:30pm

**Beginner Advanced Tap:** This class is designed for adult dancers with prior tap experience who are looking to refine their technique and expand their vocabulary. This class emphasizes on musicality, rhythm and clarity of sound through progressive warm ups, technical drills and combinations, tap shoes required.

Wednesdays 1:30 - 2:30pm

**Intermediate Tap:** This class is designed for adult dancers with prior tap experience emphasizing rhythm, musicality and the clarity of sound through progressive warm ups, technical drills and combinations., Tap shoes required.

Thursdays 1:30 - 2:30pm

**Drop in \$10 members/ \$14 non members**

**Show Tunes:** Adult class is fun, energetic and theatrical experience designed for adults of all backgrounds who love musical theatre.

Fridays 1pm - 2pm

**\$36 for series**

*\*Tuesday and Thursday 9am and 10am classes will take place in the gym.*