

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

**Adult Dance Class
Information on Back!**



2

9am- Circuit-
Betsy

9

9am- Circuit-
Joanne

16

9am- Circuit-
Betsy

23

9am- Circuit-
Joanne

30

9am- Circuit-
Joanne

3

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

10

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

17

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

24

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

4

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

11

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

18

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

25

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

5

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

12

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

19

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

26

8am- Circuit- Susie
9am- Circuit- Kathy
10am- Classic- Susie
11am - Classic- Susie

6

9am - Stability- Susie
10am- Muscle Works
Classic- Susie
11am- TBSC - Susie
1:15pm- Intermed.
Tap- Kathy
2pm- BOOM Mind-
Kathy F.
5pm- Zumba- Bonnie

13

9am - Stability- Susie
10am- Muscle Works
Classic- Susie
11am- TBSC - Susie
1:15pm- Intermed.
Tap- Kathy
2pm- BOOM Mind-
Kathy F.
5pm- Zumba- Bonnie

20

9am - Stability- Susie
10am- Muscle Works
Classic- Susie
11am- TBSC - Susie
1:15pm- Intermed.
Tap- Kathy
2pm- BOOM Mind-
Kathy F.
5pm- Zumba- Bonnie

27

**HAPPY
THANKSGIVING**
No Classes
Fitness and Pool
Open 8am - 2pm



7

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

14

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

21

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

28

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

1

9am- TBSC- Joanne
10- Yoga- Joanne

8

9am- TBSC - Joanne
10- Yoga- Joanne

15

9am- TBSC- Joanne
10- Yoga- Joanne

22

9am- TBSC - Joanne
10- Yoga- Joanne

29

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® Boom Mind

The best of yoga and Pilates combined in an intermediate to advanced mind-body mat workout. Participants may work from a standing or floor position.

SilverSneakers® Boom Muscle

A 45 minute beginning to intermediate class, with weights provided, that improves strength, endurance and balance.

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.

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

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