

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9am- Circuit- Joanne	2 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	3 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 5pm- Zumba Bonnie	4 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:30pm- Intermed. Tap- Kathy	5 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 1:15pm- Advanced Tap- Kathy W. 2pm - Boom Mind- Kathy F. 5pm- Zumba - Bonnie	6 <b>AGENCY CLOSED</b> <b>STAFF CARE DAY</b>	7 9am- TBSC- Joanne 10- Yoga- Joanne
8 9am- Circuit- Joanne	9 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	10 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy	11 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:30pm- Intermed. Tap- Kathy	12 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 1:15pm- Advanced Tap- Kathy W. 5pm - Zumba - Bonnie	13 9am - Classic- Joan 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am - Boom Muscle- Kathy W. 12pm - Boom MIND- Kathy F. 1pm Show Tunes- Kathy W.	14 9am- TBSC - Joanne 10- Yoga- Joanne
15 9am- Circuit- Betsy	16 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	17 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 5pm- Zumba Bonnie	18 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:30pm- Intermed. Tap- Kathy	19 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 1:15pm- Advanced Tap- Kathy W. 5pm- Zumba- Bonnie	20 9am - Classic- Joan 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am - Boom Muscle- Kathy W. 12pm - Boom MIND- Kathy F. 1pm Show Tunes- Kathy W.	21 9am- TBSC- Joanne 10- Yoga- Joanne
22 9am- Circuit- Betsy	23 9am Circuit - Kathy 10am- Classic- Betsy 11:15am - Yoga- Soad 1:30pm- Line Dancing- Nancy 2:30pm- PWR! Moves- Chuck	24 9am- TBSC- Soad 10am- TBSC- Soad 11:15am- Mindfulness Yoga- Judy 5pm- Zumba Bonnie	25 8am- Circuit- Susie 9am- Circuit- Kathy 10am- Classic- Susie 11am - Classic- Susie 1:30pm- Intermed. Tap- Kathy	26 9am - Stability- Susie 10am- Muscle Works Classic- Susie 11am- TBSC - Susie 1:15pm- Advanced Tap- Kathy W. 5pm- Zumba- Bonnie	27 9am - Classic- Joan 10am- Circuit - Soad 11am - Mindfulness Yoga- Judy 11am - Boom Muscle- Kathy W. 12pm - Boom MIND- Kathy F. 1pm Show Tunes- Kathy W.	28 9am- TBSC - Joanne 10- Yoga- Joanne
						<b>Adult Dance Class Information on Back!</b>



**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/ \$15 non-member**

**Purchase classes at front desk**

**SilverSneakers® Boom Mind (NEW DAY AND TIME)**

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 intermediate to advanced 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 9am and 10am classes will take place in the gym.**

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

January - May 2026

**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.

Wednesdays 1:30 - 2:30pm

**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.

Thursdays 1:15 - 2:15pm

**Drop in \$10 members/ \$15 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**

