

GROUP EXERCISE

NOVEMBER 2025



MON	TUES	WED	THUR	FRI	SAT	SUN
8:30am Zumba with Jacque 9am SilverSneakers Circuit with Lori [Gym] 9:30am Sprint 8 with Amy 10am Spin with Amy 10am SilverSneakers Classic with Dana [Gym] 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori 5:30pm Cardio Mix with Kristie 6:30pm Core & Strength with Darryl [Steelworks] 7pm PowerFlow Yoga with Monika	8am HIIT & Fit with Olga 9am General Wellness Orientation Meet in the Lobby 9:30am Strength Training with Christa 10am SilverSneakers Classic with Lori [Gym] 11am HIGHLow Fitness with Elizabeth 12pm Chair Yoga with Lori 6pm HIIT & Conditioning with Christa 7pm Yoga with Kristie	8:30am Strength/Cardio with Jasmine 9:30am Sprint 8 with Jasmine 10am Spin with Amy 10am Silver Soul with Jasmine [Gym] 11am Balance & Motion with Julie Kim 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori 4:30pm General Wellness Orientation Meet in the Lobby 5:30pm Strength Training with Kim 6:30pm Core & Endurance with Darryl [Steelworks]	8am HIIT & Fit with Olga 9am Zumba with Siu [Gym] 9:30am Strength Training with Christa 10am Zumba Gold with Siu [Gym] 11am HIGHLow Fitness with Elizabeth 6pm HIIT & Conditioning with Christa 7pm Yoga with Kristie	8:15am Express Cycle with Guy 9:00am-9:30am HIIT CORE with Jasmine [Gym] 9:30am Sprint 8 with Jasmine 10am Gentle Yoga with Laura 11am Chair Yoga with Julie Kim 12pm Y Firm with Melissa 1:00pm Senior Sampler with Lori	8am Cycle with Guy 9:30am Strength Training with Kim 10:45am Zumba with Siu	NO GROUP EXERCISE CLASSES

Pool GroupEx

Mondays - Water Aerobics @ 6pm with Monika [Main Pool]
Tues/Thurs - Water Aerobics @ 8am & 9am with Bobbi [Main Pool]
Wednesdays - Aqua Tone @ 11am with Monika [Therapy Pool]
Aqua Zumba @ 6pm with Janessa [Therapy Pool]
Fridays - Water Aerobics @ 8am with Monika [Main Pool]