

# GROUP EXERCISE

MARCH 2026



## MON

8:30am  
HIGHLow Fitness  
with Elizabeth

9am  
SilverSneakers  
Circuit  
with Lori [Gym]

9:30am  
Sprint 8  
with Amy

10am  
Spin  
with Amy

10am  
SilverSneakers  
Classic  
with Dana [Gym]

11am  
Yoga  
with Laura

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  
Flow Yoga  
with Monika

## TUES

8am  
HIIT & Fit  
with Olga

9am-9:30am  
Strong Start  
Orientation  
Fitness Equipment 101

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 Vicki

7pm  
Yoga  
with Kristie

## WED

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

5:15pm-6pm  
Start Strong  
Orientation  
Fitness Equipment 101

5:30pm  
Strength Training  
with Vicki

6:30pm  
Core & Endurance  
with Darryl [Steelworks]

## THUR

8am  
HIIT & Fit  
with Olga

9am  
SilverSneakers  
Classic  
with Monika [Gym]

9:30am  
Strength  
Training  
with Christa

10am  
Zumba Gold  
with Siu [Gym]

11am  
HIGHLow Fitness  
with Elizabeth

6pm  
HIIT &  
Conditioning  
with Vicki

7pm  
Yoga  
with Kristie

## FRI

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 Julie Kim

10am  
Kids Flex  
with Marissa [Gym]  
Ages 5-12 Welcome!

11am  
Chair Yoga  
with Julie Kim

12pm  
Y Firm  
with Melissa

1:00pm  
Senior Sampler  
with Lori

## SAT

8am  
Cycle  
with Guy

9:30am  
Strength  
Training  
with Vicki

10:45am  
Zumba  
with Siu

## SUN

NO GROUP  
EXERCISE CLASSES

VIEW CLASS  
DESCRIPTIONS



## 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]  
Water Aerobics @ 6pm with Mindy [Therapy Pool]

Fridays - Water Aerobics @ 8am with Monika [Main Pool]  
\*Aqua Zumba will only be held the first Wednesday of the month.