

# GROUP EXERCISE

## OCTOBER 2025



**MON**

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

**TUES**

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

**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

4:30pm  
General Wellness  
Orientation  
Meet in the Lobby

5:30pm  
Strength Training  
with Kim

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

**THUR**

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

**FRI**

8:15am  
Express Cycle  
with Guy

9:00am-9:30am  
HIIT CORE  
with Jasmine [Gym]

9am  
General Wellness  
Orientation  
Meet in the Lobby

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

**SAT**

8am  
Cycle  
with Guy

9:30am  
Strength  
Training  
with Kim

10:45am  
Zumba  
with Siu

**SUN**

**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]