

Group Exercise Land Schedule – Effective 12/13/2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am	Walking Hour (G)		Walking Hour (G)		Walking Hour (G)	
	Stretch & Tone (Hillary)		Stability Ball (Hillary)		Stretch & Tone (Hillary)	
9:30am-10:30am	Yoga Studio(\$\$) (Pam)		Yoga Studio (\$\$) (Pam)		Yoga Studio (\$\$) (Pam)	
10:45am-11:45am	Silver Sneaker Classic (Patsy) (G)	Cardio Drumming (Joan)	Silver Sneaker Classic (Patsy) (G)	Chair Yoga (Patsy) (G)	Silver Sneaker Classic (Patsy) (G)	
6:00pm-7:00pm						

CLASS DESCRIPTIONS

Stretch & Tone – Variety of standing and floor exercises designed to strengthen and tone muscles.

Yoga Studio – Improve body tone, definition, flexibility and reduce stress by integrating the body and mind.

Stability Ball – Total body muscle sculpting utilizing the stability ball. Challenges your core muscles and improves balance.

Silver Sneaker Classic – (45 min) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles & a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Chair Yoga- Enjoy the recovery aspects of yoga in the safety of a chair.

(\$) – Improve body tone, definition, flexibility, and reduce stress by integrating the body and mind.

(G) Denotes classes held in the gym. (\$\$) Denotes payment required-See front desk for more info