



TRI-COMMUNITY FAMILY BRANCH GROUP EXERCISE SCHEDULE

Winter 2025 - Effective January 6, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6am		POWER PULSE Lower Level - Dee		POWER PULSE Lower Level - Dee		
6:15-7am		CYCLE 45 Lower Level - Cindy		CYCLE 45 Lower Level - Cindy		
8-9am						CYCLE FUSION Lower Level - Varied
9-9:45am	FIT AFTER 50 Gym - Christine	WATER VOLLEYBALL Pool - self-led	WATER BOOT CAMP Pool - Kate	WATER VOLLEYBALL Pool - self-led	ACTS OF FITNESS Lower Level - Kate	
		BEGINNGER LINE DANCING Lower Level - Jenny	ZUMBA Gym - Christine	SILVER SNEAKERS CHAIR YOGA Studio 2 - Jenny		
9-10am				PILATES Lower Level - Kate		
9:30-10:15am	GROOVE Studio 2 - Jenny		POWER STEP Lower Level - Maura	ADVANCED LINE DANCING Gym - Maura	GROOVE Gym - Jenny	
10-10:45am	ZUMBA IN THE POOL Pool - Christine		FIT AFTER 50 Gym - Christine			
10-11am	YOGA Lower Level - Christina					
10:15-11am		SILVER SNEAKERS SPLASH Pool - Jenny		SILVER SNEAKERS SPLASH Pool - Jenny		
10:30-11:15am	SILVER SNEAKERS Gym - Jenny		SILVER SNEAKERS Lower Level - Maura	20/25 Gym - Maura	SILVER SNEAKERS Gym - Jenny	
11:30am-12:15pm	SILVER SNEAKERS TAI CHI Studio 2 - Jenny					
5-5:45pm				SUPER CIRCUITS Lower Level - Cindy		
6-6:45pm	TOY BOX Lower Level - Cindy					
6-7pm		YOGA Lower Level - Christina				

■ Gym
 ■ Lower Level
 ■ Studio 2
 ■ Pool

LOWER LEVEL

Acts of Fitness Guaranteed to help you build strength and endurance while having fun! Variety of equipment used with circuits, stations, games and more!

Beginner Line Dancing A slower-paced class for those new to line dancing. We'll start on square one with popular line dances.

Cycle 45 Get in a quick spin before starting your day! All the regular cycling drills condensed into 45 action-packed minutes!

Cycle Fusion Enjoy the best of both worlds with this mash-up of cycling and off-the-bike work using free weights, bodyweight, mats and more.

Fit After 50 An energetic, fun class for all (even if you're under 50!). Weights, bands and chairs can be used to target balance, core and cardio.

Pilates Strengthen your core, improve shoulder & hip mobility and balance & flexibility with traditional and non-traditional Pilates moves.

Power Pulse Get ready to ignite your strength and stamina with the ultimate fusion of HIIT and Tabata training combining free weights and dynamic equipment. This high-energy class is designed to strengthen your entire body.

Power Step An athletic step class that will get your heart pumping! Includes a weight segment focused on arms, chest and back. Finish with floor core work.

Power Yoga This all-levels vinyasa-style class will focus on building strength and flexibility while linking breath to movement. Class design is patterned with a warm-up, salutations, strength & balance, core work, twisting & folding poses followed by relaxation.

Silver Sneakers Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support. Weights and bands are optional.

Toy Box Each week we'll crack open our "toy box" and use a different piece of equipment for a fun and unique full body strength and cardio workout. Equipment will include steps, stability balls, Bosu balls, dumbbells and more.

Yoga This mixed-level class includes breathing, centering, sun salutations, poses, stretches and a final relaxation/meditation.

GYM

20/25 This total body class features 20 min of cardio and 25 min of strength/core. Expect to use free weights and mat work on the floor.

Advanced Line Dancing This class moves through dances learned in the beginner class at a faster pace. More advanced dances are added to the line-up as we practice for "the show!"

Groove Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance.

Silver Sneakers Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity

Zumba This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

POOL

Silver Sneakers Splash Join us in the pool for a fun aquatic Silver Sneakers that focuses on physical endurance, mobilizing joints and improving balance - all

Water Boot Camp Work at your own pace in this challenging circuit class that focuses on strength & stamina through various drills and games.

Water Volleyball Remember how much fun volleyball was in middle school? This is our chance to relive the fun, laughs and camaraderie, just add water!

Volleyball All the rules are the same. Teams will serve, rotate and keep score. Games to 15. All levels welcome.

Zumba in the Pool A fun & energizing combination of dance and fitness moves set to Latin and International music with the added resistance of being in the water!

STUDIO 2

Groove Get ready for a rhythm revolution that will get your heartrate up and keep you moving without worrying about balance.

Silver Sneakers Chair Yoga This transformative seated stretch practice invites you to move your body with your breath, enhancing your energy levels and overall strength.

Silver Sneakers Tai Chi This low-impact class includes Tai Chi movements and poses designed to improve balance, stability and flexibility while also including breathing exercises and mindfulness techniques.