



# TRI-COMMUNITY FAMILY BRANCH GROUP EXERCISE SCHEDULE

## Spring 2025 - Effective May 2, 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		
7-8am		ENDURANCE CYCLE Lower Level - Maura				
8-9am						CYCLE FUSION Lower Level - Varied
8:30-9:15am			POUND Lower Level - Lynn			
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	
		BEGINNNGER LINE DANCING Lower Level - Jenny	ZUMBA Gym - Christine	SILVER SNEAKERS CHAIR YOGA Studio 2 - Jenny		
9-10am		ZUMBA FUSION Gym - Tina		PILATES Lower Level - Kate		
9:30-10:15am			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					PROGRESSIVE HATHA Lower Level - Bill	
10:15-11am		SILVER SNEAKERS SPLASH Pool - Jenny		SILVER SNEAKERS SPLASH Pool - Jenny		
10:15-11:15am		TRX Lower Level - Kate L				
10:30-11:15am	SILVER SNEAKERS Gym - Jenny		SILVER SNEAKERS Lower Level - Maura	HEAT Gym - Maura	SILVER SNEAKERS Gym - Jenny	
11:30am-12:15p	SILVER SNEAKERS TAI CHI Studio 2 - Jenny					
5-5:45pm				SUPER CIRCUITS Lower Level - Cindy		
5:30-6:15pm	TOY BOX Lower Level - Cindy					
6-7pm			MID-WEEK MOVEMENT Lower Level - Bill			



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.

**Endurance Cycle** Looking for a longer ride? Stay on the bike after the 6am class and ride for another 50 minutes. Focus will be on hills, increasing resistance, endurance and stamina.

**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.

**Mid-Week Movement** Take a break mid-week to move, stretch and relax with a yoga class that focuses on deeper stimulation and targets the connective tissue of the pelvis, hips and lower spine.

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

**Progressive Hatha** This all-levels yoga class offers familiar postures at a slower pace and with slightly longer holds. Class will include a warm-up, sun salutations, strength & balance, core work, twisting, folding poses & shivasana. Props are NOT used in class.

**Pound** Join a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness.

**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.

**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.

**TRX** Learn how to make the most out of suspension training as you build strength, improve balance and challenge your core. **LIMITED SPACE. REGISTRATION IS REQUIRED.**

## GYM

**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!"

**HEAT** This high-intensity athletic training HIIT-style class combines cardio, high intensity moves, weights, floor work, isolation/isometric exercises and finishes with a relaxing stretch.

**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.

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

**Zumba Fusion** A fun Zumba workout with mixed intervals of intensity combined with balance work and muscle toning.

## 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 while incorporating functional movement patterns.

**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! 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 heart rate up and keep you moving without worrying about balance in this seated, choreographed dance class.

**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.