



Group Fitness

March 2026

	M	TU	W	TH	F	S	S
					7:15-8:00AM (AR) STRNGTH & STRETCH SANDRA		
9:00 - 9:45AM (AR) SS - CIRCUIT 1 CAROLANN							*Classes are subjected to change - Updated: 02/24/26
9:50 - 10:10AM (AR) SS - BP & OXYGEN JUNI & SABRINA	9:00 - 9:45AM (AR) STEP AEROBICS ALLISON	9:00-9:45am (AR) SS - CIRCUIT 2 CAROLANN	9:00-9:45AM(SR) SPIN ALLISON	9:00-9:45AM (AR) SS- BOOM MOVE ALLISON			
10:15 - 11:00AM (AR) SS - BOOM MUSCLE ALLISON		10:00 - 10:30am(AR) SS - STABILITY CAROLANN	9:15-10:00am (BR) SS - Bingocize JUNI & SABRINA	10:00 - 10:45am (CR) SS - CREATIVE CORNER	9:15-10:45AM (AR) YOGA & MEDITATION INNA		KEY: AR = AERBOICS ROOM GYM = COURT BR = BACKROOM YELLOW = NEW CLASS RED = NEW TIME/DAY BLUE= FEE
	10AM - 11:15AM (AR) SS - CHAIR YOGA & MEDITATION INNA	10:40- 10:55am (AR) - Mindful Minutes JUNI & SABRINA	10:00-10:45 (FC) Mid-Morning Strength Training GINA	11AM -12:15PM (AR) SS - CHAIR YOGA & MEDITATION INNA			
5:30PM - 6PM (GYM) SS- BOOM MIND SANDRA							
6:00-7:00PM (AR) FLOOR MAT PILATES SANDRA	6:00-7:00PM (AR) ZUMBA / BOLLYX SHIPRA	6:00-7:00PM (AR) YOGA & MEDITATION INNA	6:00-7:00pm (AR) ZUMBA TONING SANDY				

Class Descriptions:

Chair Yoga	Move your whole body through a complete series of yoga. Chair yoga is supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility, balance, range of movement while reducing anxiety and stress.
Silver Sneakers - CIRCUIT	Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support.
Silver Sneakers - Stability	Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.
Silver Sneakers - Boom Move	A higher intensity dance workout class that improves cardio endurance and burns calories. Move is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.
Silver Sneakers - Boom Muscle	MUSCLE Incorporates athletic exercises that boost overall fitness. Move through muscle conditioning blocks and activity - specific drills to improve strength and functional skills.
Spin	Build strength, improve cardiovascular endurance and burn calories with this cycling workout. Our fitness instructor will challenge you with multi-level and intense intervals on our stationary bikes.
Yoga & Meditation	This class uses easy, guided poses and calm breathing to help people of all fitness levels feel balanced and relaxed. It focuses on posture, flexibility, and gentle movement to support both the body and mind. Please bring your own mat.
Zumba	The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party!
Step Aerobics	A cardio workout that involves stepping up, around, and down from a raised platform. The platform is usually 4 to 12 inches high. The moves range from simple to advanced. This is to help improve cardio fitness and coordination and are easier on the joints than other cardio exercises like running. The class begins with a dynamic warmup, followed by active, choreographed cardiovascular exercises targeting different muscle groups.
Floor Mat Pilates	The type of exercises that strengthen and tone muscles through mat-based movements. It is a low-impact resistance training that is used to improve posture, increase flexibility, and improve muscle tone. The Pilates method emphasizes correct posture, alignment of the spine and core strength.
Silver Sneakers - Boom Mind	An inclusive class for all abilities that combines gentle movement, memory exercises, and cognitive challenges to strengthen the brain and body.
Creative Corner	Take a seat and unwind with coloring, puzzles, scrapbooking, or your own knitting and crocheting projects. A calm, friendly space to be creative at your own pace.
Strength Training	Low impact strength training class uses gym machines to improve muscle tone, endurance and overall fitness for participants of all levels.
Bingocise	Bingocise is a fun, low-impact class that combines light exercise with the game of bingo to help improve balance, coordination, and mobility while keeping the mind engaged. Perfect for all fitness levels.