

# Get Fit Class Schedule - JUNE

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
31		1		2		3		4		5		6	
		<b>12-1 PM Silver Sneakers (Yasha)</b> <b>1:10-2:10PM Line Dancing (Brenda)</b> <b>2:15-3:15 Chair Yoga (Louise)</b> <b>6-7 PM Full Body Blast (Jamie)</b>		<b>9-10 AM Zumba (Suri)</b> <b>10:15-11:15 Cardio Dance (Kathy)</b> <b>1:10-2:10Line Dancing (Brenda)</b> <b>2:15-3:15 SS Classic (Louise)</b>		<b>9-10 AM Bricks Fit. 12-1 PM Silver Sneakers (Yasha)</b> <b>1:10-2:10 Line Dancing (Brenda)</b> <b>2:15-3:15Chair Yoga (Louise)</b> <b>3:15-4:15 Tai Chi (Louise)</b>		<b>9-10 AM Strong Nation (Suri)</b> <b>10:15-11:15 Cardio/Dance (Kathy)</b> <b>2:15-3:15 SS Classic (Louise)</b> <b>6-7 PM Full Body Blast (Jamie)</b>		<b>9-10 AM Training(Suri)</b> <b>12-1 PM Silver Sneakers (Yasha)</b> <b>1:10-2:10Line Dancing (Brenda)</b> <b>2:15-3:15 Chair Yoga (Louise)</b>		<b>11-12 Full Body Workout (Jamie)</b>	
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● ALL FITNESS LEVELS WELCOME

# Find Your *Perfect* Class

From gentle flows to high-intensity burns — discover the experience that moves you.

<p><b>C</b> MODERATE</p> <p><b>Cardio Dance</b></p> <p>Get your heart pumping with easy-to-follow dance moves set to upbeat music. No experience needed!</p>	<p><b>Y</b> GENTLE</p> <p><b>Chair Yoga</b></p> <p>All the benefits of yoga with the support of a chair. Build strength and flexibility at any level.</p>	<p><b>S</b> GENTLE</p> <p><b>SilverSneakers</b></p> <p>A fun, social workout to increase strength, balance, and coordination at your own pace.</p>	<p><b>E</b> MODERATE</p> <p><b>Everybody Fit</b></p> <p>30 min cardio paired with range of motion and balance training. Built for every body.</p>	<p><b>F</b> STRENGTH</p> <p><b>Full Body</b></p> <p>Head-to-toe strength and conditioning hitting every major muscle group. Zero shortcuts.</p>
<p><b>H</b> INTENSE</p> <p><b>HIIT</b></p> <p>High-Intensity Interval Training — short bursts of all-out effort. Max results, min time.</p>	<p><b>◆</b> MODERATE</p> <p><b>Hula Honeys</b></p> <p>Hula-inspired moves that tone your core and put a smile on your face. Grass skirt optional!</p>	<p><b>L</b> MODERATE</p> <p><b>Line Dancing</b></p> <p>Step, turn, and groove to fitness with classic and modern line dances. All levels.</p>	<p><b>R</b> GENTLE</p> <p><b>Stretch &amp; Reset</b></p> <p>A calming way to start your week — slow, intentional stretches that release tension, restore mobility, and quiet the mind.</p>	<p><b>!</b> INTENSE</p> <p><b>Strong Nation</b></p> <p>Music-driven high-intensity bodyweight training synced to the beat. Not for the faint of heart.</p>
<p><b>T</b> MIND &amp; BODY</p> <p><b>Tai Chi</b></p> <p>Gentle, meditative movements that improve balance, flexibility, and inner calm.</p>	<p><b>U</b> STRENGTH</p> <p><b>Upper / Lower</b></p> <p>Targeted strength training that sculpts and tones — one half at a time.</p>	<p><b>■</b> MIND &amp; BODY</p> <p><b>Yoga</b></p> <p>Mindful movement and breathwork. Leave feeling longer, looser, and more centered.</p>	<p><b>Z</b> MODERATE</p> <p><b>Zumba</b></p> <p>A Latin-inspired dance-fitness party that feels more like a celebration than a workout!</p>	