

Get Fit Class Schedule - JULY

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
28		29		30		1		2		3		4	
		12-1 PM Silver Sneakers (Yasha) 1:10-2:10 PM Line Dancing (Brenda) 2:15-3:15 Chair Yoga (Louise) 6-7 PM Full Body Blast (Jamie)		9-10 AM Zumba (Suri) 10:15-11:15 Cardio Dance (Kathy) 1:10-2:10 Line Dancing (Brenda) 2:15-3:15 SS Classic (Louise)		9-10 AM Bricks Fit. 12-1 PM Silver Sneakers (Yasha) 1:10-2:10 Line Dancing (Brenda) 2:15-3:15 Chair Yoga (Louise) 3:15-4:15 Tai Chi (Louise)		9-10 AM Strong Nation (Suri) 10:15-11:15 Cardio/Dance (Kathy) 2:15-3:15 SS Classic (Louise) 6-7 PM Full Body Blast (Jamie)		9-10 AM Training (Suri) 12-1 PM Silver Sneakers (Yasha) 1:10-2:10 Line Dancing (Brenda) 2:15-3:15 Chair Yoga (Louise)		11-12 Full Body Workout (Jamie)	
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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>C MODERATE</p> <p>Cardio Dance</p> <p>Get your heart pumping with easy-to-follow dance moves set to upbeat music. No experience needed!</p>	<p>Y GENTLE</p> <p>Chair Yoga</p> <p>All the benefits of yoga with the support of a chair. Build strength and flexibility at any level.</p>	<p>S GENTLE</p> <p>SilverSneakers</p> <p>A fun, social workout to increase strength, balance, and coordination at your own pace.</p>	<p>E MODERATE</p> <p>Everybody Fit</p> <p>30 min cardio paired with range of motion and balance training. Built for every body.</p>	<p>F STRENGTH</p> <p>Full Body</p> <p>Head-to-toe strength and conditioning hitting every major muscle group. Zero shortcuts.</p>
<p>H INTENSE</p> <p>HIIT</p> <p>High-Intensity Interval Training — short bursts of all-out effort. Max results, min time.</p>	<p>♦ MODERATE</p> <p>Hula Honeys</p> <p>Hula-inspired moves that tone your core and put a smile on your face. Grass skirt optional!</p>	<p>L MODERATE</p> <p>Line Dancing</p> <p>Step, turn, and groove to fitness with classic and modern line dances. All levels.</p>	<p>R GENTLE</p> <p>Stretch & Reset</p> <p>A calming way to start your week — slow, intentional stretches that release tension, restore mobility, and quiet the mind.</p>	<p>! INTENSE</p> <p>Strong Nation</p> <p>Music-driven high-intensity bodyweight training synced to the beat. Not for the faint of heart.</p>
<p>T MIND & BODY</p> <p>Tai Chi</p> <p>Gentle, meditative movements that improve balance, flexibility, and inner calm.</p>	<p>U STRENGTH</p> <p>Upper / Lower</p> <p>Targeted strength training that sculpts and tones — one half at a time.</p>	<p>■ MIND & BODY</p> <p>Yoga</p> <p>Mindful movement and breathwork. Leave feeling longer, looser, and more centered.</p>	<p>Z MODERATE</p> <p>Zumba</p> <p>A Latin-inspired dance-fitness party that feels more like a celebration than a workout!</p>	