

Get Fit Class Schedule - AUGUST

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
26		27		28		29		30		31		1	
		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.

C

MODERATE

Cardio Dance

Get your heart pumping with easy-to-follow dance moves set to upbeat music. No experience needed!

Y

GENTLE

Chair Yoga

All the benefits of yoga with the support of a chair. Build strength and flexibility at any level.

S

GENTLE

SilverSneakers

A fun, social workout to increase strength, balance, and coordination at your own pace.

E

MODERATE

Everybody Fit

30 min cardio paired with range of motion and balance training. Built for every body.

F

STRENGTH

Full Body

Head-to-toe strength and conditioning hitting every major muscle group. Zero shortcuts.

H

INTENSE

HIIT

High-Intensity Interval Training — short bursts of all-out effort. Max results, min time.

✦

MODERATE

Hula Honeys

Hula-inspired moves that tone your core and put a smile on your face. Grass skirt optional!

L

MODERATE

Line Dancing

Step, turn, and groove to fitness with classic and modern line dances. All levels.

R

GENTLE

Stretch & Reset

A calming way to start your week — slow, intentional stretches that release tension, restore mobility, and quiet the mind.

!

INTENSE

Strong Nation

Music-driven high-intensity bodyweight training synced to the beat. Not for the faint of heart.

T

MIND & BODY

Tai Chi

Gentle, meditative movements that improve balance, flexibility, and inner calm.

U

STRENGTH

Upper / Lower

Targeted strength training that sculpts and tones — one half at a time.

■

MIND & BODY

Yoga

Mindful movement and breathwork. Leave feeling longer, looser, and more centered.

Z

MODERATE

Zumba

A Latin-inspired dance-fitness party that feels more like a celebration than a workout!

Ready to Move?

Check the schedule for class times →