

# Group Fitness Schedule Fall 2021



## Monday

9 - 9:45 am  
Water Fitness

10 - 10:45 am  
Silver Sneakers  
Classic

4:30 - 5:45 pm  
Power Lift

6 - 6:45 pm  
HIIT the Gym

6:30 - 7:15 pm  
Indoor Cycling

## Tuesday

10 - 10:45 am  
SilverSneakers  
Have A Seat

11 - 11:45 am  
Gentle Lift

5:15 - 6:00 pm  
Cardio Step

## Wednesday

9 - 9:45 am  
Water Fitness

10 - 10:45 am  
Silver Sneakers  
Classic

11:30 - 1:00 pm  
Line Dancing

4:00 - 4:45 pm  
Chair Yoga

4:30 - 5:45 pm  
Power Lift

5 - 5:45 pm  
Yoga Flow

6 - 6:45 pm  
HIIT the Gym

6:30 - 7:15 pm  
Indoor Cycling

## Thursday

10 - 10:45 am  
SilverSneakers  
Have A Seat

11 - 11:45 am  
Gentle Lift

5:15 - 6:00 pm  
Cardio Step

## Friday

## Saturday

10:15 - 11:15 am  
Strong Nation/Zumba

Subject to  
change  
based on  
instructor  
Availability