



Sept. 2026

Class Schedule

	MON	TUE	WED	THU	FRI	SAT
		1 5:30am Morning Strength w/HS 9:30am Aqua w/MA 10am SS w/CO 10:30 Aqua w/MA 11:00am Stretch & Recovery w/CP 5:30 Yoga w/KW 5:40pm Cycle w/DS	2 5:40am Cycle w/SS 9:00am SS Strength w/MR 10:00am SS Chair Yoga w/AA 5:45 Aqua w/SW 6:30pm Kettlebell w/ME	3 5:30am Morning Strength w/HS 9:00am Stretch & Recovery w/CP 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:30pm PiYo w/KC 5:40pm Cycle w/DS 6:30pm Kettlebell w/DD	4 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA 5:30pm Zumba w/AB	5 8:30am Cycle w/DS 9:30am Aqua w/SAS
6	7 NO CLASSES! HAPPY LABOR DAY!!!	8 5:30am Morning Strength w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 11:00am Stretch & Recovery w/CP 5:30pm Yoga w/KW 5:40pm Cycle w/DS 6:30pm Line Dancing w/LK	9 5:40am Cycle w/SS 9:00am SS Strength w/MR 10:00am SS Chair Yoga w/AA 5:45pm Aqua w/SW 6:30pm Kettlebell w/ME	10 5:30am Morning Strength w/HS 9:00am Stretch & Recovery w/CP 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:30pm PiYo w/KC 5:40pm Cycle w/DS 6:30pm Kettlebell w/ME	11 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA 5:30pm Zumba w/AB	12 8:30am Kettlebell w/GH 8:30am Cycle w/DS 9:30am Aqua w/SAS
13	14 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	15 5:30am Morning Strength w/HS 9:30am Aqua w/MA 10:00am SS w/AA 10:30am Aqua w/MA 11:00am Stretch & Recovery w/CP 5:30pm Yoga w/KW 6:30pm Line Dancing w/LK	16 5:40pm Cycle w/SS 9:00am SS Strength w/MR 10:00am SS Chair Yoga w/AA 5:45pm Aqua w/EC 6:30pm Kettlebell w/ME	17 5:30am Morning Strength w/HS 9:00am Stretch & recovery w/CP 9:30am Aqua w/MA 10:00am SS w/Sherry 10:30am Aqua w/MA 11:00am Chair Volleyball 5:40pm Cycle w/DS 5:30pm PiYo w/KC 6:30pm Kettlebell w/DD	18 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA 5:30pm Zumba w/AB	19 8:30am Kettlebell w/DD 8:30am Cycle w/DS 9:30am Aqua w/EC
20	21 5:40 Cycle w/SS 9:00am SS Chair Yoga w/KW 10:00am SS w/AA 11:00am Pilates w/SI 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	22 5:30am Morning Strength w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 11:00am Stretch & Recovery w/CP 5:30pm Yoga w/KW 5:40 Cycle w/DS 6:30pm Line Dancing w/LK	23 5:40a Cycle w/SS 9:00am SS Strength w/MR 10:00am SS Chair Yoga w/AA 5:45pm Aqua w 6:30pm Kettlebell w/ME	24 5:30am Morning Strength w/HS 9:00amStretch & Recovery w/CP 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:40 Cycle w/DS 5:30pm PiYo w/KC 6:30pm Kettlebell w/ME	25 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA 5:30pm Zumba w/AB	26 8:30am Kettlebell w/GH 8:30am Cycle w/DS 9:30am Aqua w/SAS
27	28 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	29 5:30am Morning Strength w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 11:00am Stretch & Recovery w/CP 5:30pm Yoga w/KW 5:40 Cycle w/DS 6:30pm Line Dancing w/LK	30 5:40a Cycle w/SS 9:00am SS Strength w/MR 10:00am SS Chair Yoga w/AA 5:45pm Aqua w/SW 6:30pm Kettlebell w/ME			Aquatics Center Cycle Room Multi Purpose Room Grubb Hub

Cardio Flow: This 45-minute class is based on flow beat-blended movements that tone and sculpt, while working on flexibility, strength, and stability. No equipment necessary, just you, a mat, and the ability to go with the flow!

Cycle: Burn calories while toning your legs and core! This class can accommodate all levels, with a mixture of hills, speed, and interval training with fun and motivating music.

Everyday Strong: This class focuses on building stability and mobility while improving balance, joint control, posture and functional strength using your body weight or light dumbbells in a circuit training format.

High Fitness: Alternating bouts of high-intensity movement with moderate/active recovery means you avoid plateaus and constantly challenge your body in a safe and effective way that works for YOU. HIGH Fitness is a ZERO equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. HIGH Fitness brings fun, fabulous music, and a community like no other!

Kettlebell: Utilize Kettlebells, other equipment, and bodyweight exercises to challenge your fitness while building strength and improving endurance.

Line Dancing: a choreographed dance to music where a group of people perform a sequence of steps in unison, arranged in lines or rows. (Beginner to Advanced)

Morning Strength: Get stronger in this fun, high energy class using a variety of weights and movement combinations to improve overall strength and functional endurance.

Pilates – a mind-body exercise that centers on core strength involving repetitive movements to improve strength, flexibility, balance, and posture.

PiYo: combines strength training and body lengthening aspects of Pilates with the core training and stretching elements of yoga to create an entirely new workout experience that you will love!

Silver Sneakers (SS): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seating and/or standing support.

Silver Sneakers (SS) Chair Yoga: Move through a series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Silver Sneakers (SS) Strength: Focus on improving muscle strength, bone density and daily functional mobility using handheld weights, bands, balls using a chair for standing or seated support.

Stretch & Recovery: Loosen muscles through dynamic stretching with flowing movements for better range of motion and decreased soreness while releasing tension and stiffness. Static stretching will allow growth for better flexibility, overall recovery, and mobility.

Water Aerobics/Aqua: Experience the health benefits that this low-impact, water-based exercise class has to offer. No swimming ability necessary.

Zumba: A fitness program that combines Latin-inspired dance with cardio.

Yoga: A mind-body practice that connects physical postures, breathing exercises, and meditation to improve overall health and reduce stress.

AA - Abbie A.
AB - Andrea B.
CO - Caroline O.
CP - Carrie P.
DD - Debbie D.
DS - Donald S.
EC - Elizabeth C.

HS - Holly S.
JB - Jody Brown
JM - Jessica M.
KC - Karen C.
KF - Katelyn F.
KW - Katie W.
LK - Lacey K.

MA - Meredith A.
ME - Matt E.
MR - Myrick R.
SaS - Sandra S.
SH - Shelby H.
SI - Sherry I.
SS - Steve S.
SW - Sonya W.

