



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO 1

SUMMER 2025

***Reserved for
private use ONLY**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|--------|
| 8:00-8:45 Silver Sneakers® Curtis/ Gilmore Gym 9:30-10:15 Line Dance Karen 11:00-11:45 Silver Sneakers® Curtis/ Gilmore Gym 1:00-1:45 Silver Sneakers® Classic Debra 5:30-6:25 Strength Training Heidi 6:30-7:25 ZUMBA® Kellie 7:30-8:00 Circl Mobility™ Kellie | 8:00-8:45 Silver Sneakers® Curtis/ Gilmore Gym 9:30-10:25 Strength Training Curtis 10:30-11:00 Circl Mobility™ Kellie 11:30-12:25 Latin Dance Olga 1:00-1:45 SOULstrength™ Nancy Jo 5:30-6:25 Turbo Kick®/ SOULstrength™ Nancy Jo | 8:00-8:45 Silver Sneakers® Enerchi Curtis/ Gilmore Gym 9:30-10:25 SOULfusion™ Nancy Jo 11:00-11:45 Silver Sneakers® Enerchi Curtis/ Gilmore Gym 11:00-11:45 ZUMBA® GOLD Toning Kellie 12:00-12:45 Y Box Y360 InStudio 2:00-3:00 Happy Feet Joy 5:30-6:25 AMPD Strong Julia | 9:30-10:25 Body Blitz Barb 10:30-11:00 Circl Mobility™ Kellie 11:15-12:00 Silver Sneakers® Classic Debra 1:00-1:45 SOULstrength™ Nancy Jo 5:30-6:25 SOULfusion™ Nancy Jo 6:30-7:15 Line Dance Chris S. | 8:00-8:45 Silver Sneakers® BOOM™ MUSCLE Curtis/ Gilmore Gym 8:00-8:55 Latin Dance GOLD Olga 9:30-10:25 Body Blitz Barb 11:00-11:45 Silver Sneakers® BOOM™ MUSCLE Curtis/ Gilmore Gym 11:30-12:25 Latin Dance Olga 1:00-1:45 Silver Sneakers® Classic Debra 5:30-6:25 AMPD Strong Julia | 8:00-8:55 ZUMBA® Jamie 9:30-10:25 Turbo Kick®/ SOULstrength™ Nancy Jo 12:00-12:45 Silver Sneaker® Classic Debra | |

Class Descriptions

Strength Training: This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Suitable for all levels.

Body Blitz: Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using free weights. All-Levels.

SOULFUSION: a blend of yoga-inspired flows, balance sequences, and body weight and weighted strength training exercises all set to crazy fun music. ALL LEVELS

SOULstrength: A blend of weighted rhythmic resistance exercises, mobility patterns and core conditioning exercises all set to crazy fun music. ALL LEVELS

SILVER SNEAKERS: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

CIRCL MOBILITY™: CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises using a combination of traditional stretching with dynamic movements and flow. CIRCL focuses on actively taking your body through movement patterns using macro and micro joint movers to improve range of motion + flexibility.

CARDIO DANCE: This is a high energy cardiovascular infused group workout which combines Top-20 music and many current styles of dance. Join in on the fun and energizing calorie burning workout! ALL LEVEL

Latin Dance: Come shake and shimmy in this Latin inspired dance class. Come ready to have fun and sweat.

TURBO KICK: Full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training. Some intensity intervals added for extra calorie burn!

ZUMBA: A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party! This class is great for all fitness levels.

ZUMBA GOLD: This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Zumba@Gold-Toning: blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba®Toning Sticks to focus on muscle conditioning and light weight activity.

ZUMBA STEP: We combine the awesome toning and strengthening power of step aerobics with the fun fitness-party that only Zumba brings!

EnerChi: This class incorporates Tai Chi and Qi Gong principals to improve physical and mental well-being. Increase strength and vitality through rhythmic movement

Happy Feet: Participants will learn easy to follow movement patterns thus creating the dance to music in a fun atmosphere. They also dance to a variety of music in a fun atmosphere and provides a social opportunity for individuals with a disability ages 21+. Registration and a Y membership are required. Participants for individuals with a disability ages 21+. Registration and a Y membership are required.

AMPD: a signature group fitness program that combines great music, lighter weights and simple movements to increase strength and overall fitness. AMPD is fun, easy to learn and accessible to any fitness level.

Y BOX: A total-body workout ranging from stretches and punches to kicking and footwork. **ALL LEVELS**

BOOM™ MUSCLE: BOOM™ MUSCLE delivers a moderate to vigorous intensity workout, designed specifically for the needs of the active older adult to increase muscular strength, endurance, function and cardiorespiratory health.