



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO 1

SPRING 2026

*Reserved for private use ONLY

Youth Members
Must be at least
13 Years of Age
To take classes

ATTENTION MEMBERS

You will notice that the highlighted classes have been swapped with one another. This change will take place from

April 27 to May 12 ONLY.

We will resume our regular class schedule on **May 18.**

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

Class Descriptions

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.

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.

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.

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.

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.

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

LINE DANCE: A "No partner required" low impact dance class. This class is a continuous set of choreographed routines that keep moving using your brain and body. (45 min.) **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.

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**

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.

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!

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