



HEALTHY LIVING

ADULT GROUP EXERCISE CLASSES AND PROGRAMS

UPDATED MAY 23, 2022

- If you have symptoms of COVID-19, have tested positive for COVID-19, or were exposed to someone with COVID-19 within the last 14 days, please stay home.
- Please sign in AND out with the front desk staff through the lobby entrance before the start of every class, including classes that take place in the Rotary room.
- Please wipe off all equipment like weights before and after use. Do not share equipment in class.
- Practice social distancing.

| Notes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|----------------------------------|-------------------------|
| Nautilus Orientation Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff. | | | 5:30-6:30 Group Cycling | | | |
| | 8:00-9:00 Morning Aerobics | | 8:00-9:00 Morning Aerobics | | 8:00-9:00 Morning Aerobics | |
| | 9:00-10:00 Sr. Swim | | 9:00-10:00 Sr. Swim | | 9:00-10:00 Sr. Swim | 9:00-10:00 Body Pump |
| | | 10:00-10:50 Circuit & Stability | | 10:00-10:50 Circuit & Stability | | |
| Facility Hours M.-Th. 5AM-9 PM F. 5AM-7 PM SAT. 8 AM-5 PM SUN. Noon-5 PM | 11:00-12:00 Tai Chi | 11:00-11:45 Senior Stretch | 11:00-12:00 Tai Chi | 11:00-11:45 Senior Stretch | 11:00-12:00 H2O Aerobics | |
| | 5:00-6:00 H2O Aerobics | | 5:00-6:00 H2O Aerobics | | | |
| | 5:15-6:15 Les Mills Body Pump | | 5:15-6:15 Les Mills Body Pump | | | |
| | | 5:30-6:30 Beginner Yoga | 5:30-6:30 Kettlebell | 5:30-6:30 Intermediate Yoga | | |
| | 6:00-7:00 Tai Chi | | 6:00-7:00 Tai Chi | | 6:00-7:00 Tai Chi | |
| | 6:30-8:00 Elkins Shotokan | | 6:30-8:00 Elkins Shotokan | | | |

Reserve the Les Mills Virtual classroom online or through the front desk. The virtual player offers five classes: Body Pump, Body Flow, Sh'Bam, CXWorx and Body Combat.