



# GROUP EXERCISE SCHEDULE

Adams: April 19<sup>th</sup>– May 2<sup>nd</sup>, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00–9:30am					
	TRX Erin 8:30– 9:15am		TRX 8:30– 9:15am		TRX 8:30– 9:15am
9:30–10:30am		Chair Dance Sandy 9:15– 10:15			
10:30–11:30am	Forever Active Sandy 10:30–11:15		Forever Active Sandy 10:30–11:15		Forever Active Sandy 10:30–11:15
11:30–12:00pm					
12:00– 4:00pm					
4:00–6:00pm					
	Total Body Low-Impact Cardio Karen 4:45–5:30pm	Cardio & Core Erin 5–5:45pm		Total-Body Resistance Band HIIT Keith 5–5:45pm	

**Class Descriptions Below:**

**Cardio & Core:**

This class is great for cardiorespiratory endurance, and core strength. A variety of cardio exercises will be offered, along with modifications, as well as both standing and floor work to challenge the entire core.

**Chair Dance:**

A fun, low-impact cardio workout, dancing to disco, hip-hop, pop, Latin and others. Class starts with a warmup followed by a choreography routine improving muscle tone in your arms and legs, and challenging your brain. Suitable for all ages and fitness levels.

**Forever Active:**

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Low Impact Strength:**

Expect a workout that challenges all of your core muscles. Utilizing various pieces of equipment, and both floor and standing work, your core will be fired up and challenged.

**Total Body Low Impact Cardio:**

Expect a full-body workout using various equipment that promote foundational, compound, and isolation exercises for toning and aerobic fitness.

**Total-Body Resistance Band HIIT:**

This class uses resistance bands to combine strength training with cardiovascular conditioning, designed to maximize calorie burn and build lean muscle in a short amount of time.

**TRX (Total Resistance eXercise):**

Total Body Resistance Training or suspension training builds a strong core, flexibility, strength and endurance. You will use only your body weight to help improve balance, strengthen muscles and joints in order to complete challenging exercises more effectively. You can take your performance to the next level or choose to modify movements for beginners or for members with limitations. ***Maximum of 9 Participants – First Come, First Serve***