















## GROUP EXERCISE CLASSES

270-393-3582

**DECEMBER 2025**

Scan QR code to  
receive class info -  
cancellations,  
updates, changes,  
etc.



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>*At Your Pace Shape Up*</b> 8:45-9:40am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232	 <b>CLASSIC</b> 8:45-9:30am Bonita	<b>*At Your Pace Shape Up*</b> 8:45-9:40am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232	 <b>CLASSIC</b> 8:45-9:30am Bonita	<b>*At Your Pace Shape Up*</b> 8:45-9:40am <b>FEE REQUIRED</b> Contact FRANK @ 270-393-3232
 <b>CARDIO</b> 9:45-10:30am Bonita	 <b>CLASSIC</b> 9:45-10:30am Bonita	 <b>CARDIO</b> 9:45-10:30am Bonita	 <b>CLASSIC</b> 9:45-10:30am Bonita	<b>Line Dancing</b> 9:45-10:30 Bonita
 <b>YOGA</b> 10:45-11:30am Bonita	<b>DRUMS</b> 10:45-11:30am Bonita	 <b>YOGA</b> 10:45-11:30 Bonita	<b>DRUMS</b> 10:45-11:30am Bonita	 <b>YOGA</b> 10:45-11:30 Bonita
<b>Holiday Break schedule:</b> Last day of <b>At Your Pace Shape Up</b> will be <b>Dec. 19<sup>th</sup></b> and will resume <b>Jan. 7<sup>th</sup></b> Last day of <b>SilverSneakers</b> , <b>Drums</b> and <b>Line Dancing</b> will be <b>Dec. 17<sup>th</sup></b> and will resume <b>Jan. 5<sup>th</sup></b>				
	<b>KARDIO KRAZE!</b> 5:00-6:00pm Clay Aerobic Room 2		<b>KARDIO KRAZE!</b> 5:00-6:00pm Clay Aerobic Room 2	

## **Class Descriptions**

**\*AT YOUR PACE SHAPE UP\*** - Come and join a low impact class for a great workout. This class does what the title says; you go at your own pace using a wide variety of techniques for a great combination of strength, endurance, and balance training.

**SILVERSNEAKERS YOGA** – SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely 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.

**SILVERSNEAKERS CLASSIC** – 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SILVERSNEAKERS CARDIO** - Get up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. *Floor exercises are included in the class.*

**LINE DANCING** - Come join this fun class that incorporates line dancing for exercise. Work on your dance moves while improving your overall fitness levels and increasing cognitive skills.

**DRUMS** – In this class you will use drumsticks and an exercise ball to drum your way to a better you. This workout promotes physical, social, emotional, and cognitive health at all life stages. Have a blast while using rhythm and music!

**KARDIO KRAZE!** – Get ready for a heart-pumping, fat-burning workout that combines the best of kickboxing, cycling, and core training. This dynamic class will push your cardio endurance, improve your strength and sculpt your abs. Come check out the class with Clay in aerobic room 2.