
















GROUP EXERCISE CLASSES

270-393-3582

MAY 2025

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



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
At Your Pace Shape Up 8:45-9:40am FEE REQUIRED Contact FRANK @ 270-393-3232	 CLASSIC 8:45-9:30am Bonita	*At Your Pace Shape Up* 8:45-9:40am FEE REQUIRED Contact FRANK @ 270-393-3232	 CLASSIC 8:45-9:30am Bonita	*At Your Pace Shape Up* 8:45-9:40am FEE REQUIRED Contact FRANK @ 270-393-3232
 CARDIO 9:45-10:30am Bonita	 CLASSIC 9:45-10:30am Bonita	 CARDIO 9:45-10:30am Bonita	 CLASSIC 9:45-10:30am Bonita	Line Dancing 9:45-10:30 Bonita
 YOGA 10:45-11:30am Bonita	DRUMS 10:45-11:30am Bonita	 YOGA 10:45-11:30 Bonita	DRUMS 10:45-11:30am Bonita	 YOGA 10:45-11:30 Bonita
				
Fitness Staff Fun 5:15-5:45pm Staff Aerobic Room 2	Cycle & Sculpt 5:30-6:15pm Zoe Aerobic Room 2	Fitness Staff Fun 5:15-5:45pm Staff Aerobic Room 2		Class descriptions on back →

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!

CYCLE & SCULPT- A high-energy, low impact cycling workout that will build muscular strength and cardiovascular endurance through a mix of interval training, climbs, endurance work and dumbbells. Make this class as intense as you wish – it's YOUR ride! If you're new to cycling, come a few minutes early and we will get your bike set up. *Class located in Aerobics Room 2.*

FITNESS STAFF FUN – Join our various Fitness Staff in Aerobic Room 2 for a quick but intense 20-30 minute exercise session focusing on a variety of exercises. From core to balance to flexibility to toning and strengthening, it's the instructor's choice. Check it out, meet the staff and improve your fitness.