

Senior Group Exercise Schedule

SPRING 2022 – Effective May 8th

Monday	Tuesday	Wednesday	Thursday	Friday
	8:00-8:45am Senior Balance and Agility Karen – TRX <i>Beginning May 10th</i>		8:30-9:15am Senior Cardio Rose – TRX	8:00-8:45am Senior Balance and Agility Karen - TRX <i>Beginning May 13th</i>
9:00-9:45am Senior Classic Lisa - TRX	9:30-10:15am Senior Circuit Doug - TRX	9:00-9:45am Senior Classic Lisa - TRX		9:00-9:45am Sr. Cardio Tone Karen – TRX
10:00-10:45am Chair Yoga Noel - TRX		10:00-10:45am Line Dancing Heather - Gym		10:00-10:45am Sr. Strength Dinia – TRX
	11:15-12:00 Zumba Gold Heather – F	11:00-11:30am Senior POUND Doug - TRX	11:15-12:00 Zumba Gold Doug – F	

About Our Senior Classes









Staying active and connected are crucial components to wellness, which is why we strive to provide programs and an environment that supports senior populations.

However, anyone, regardless of age, is welcome to participate. These classes are perfect for anyone beginning a fitness program or anyone with limitations that require modifications.

Seniors are welcome to participate in any of our Group Ex or Aquatic Classes even if they are not listed on the Senior Group Ex Schedule.

Aquatic Classes are listed on the Aquatic Group Fitness Schedule.

Schedule subject to change. Visit: hempfieldrec.com for class descriptions, updates and cancellations.

	= Cardio		= Dance
	= Cardio/Strength		= HIIT
	= Core		= Strength
	= Cycle		= Yoga

F = Fitness Studio

T = Turf

S1 = Studio 1

MP = Multipurpose Room

NEW / Changed

