

# Senior Group Exercise Schedule

Sept. 24–Dec. 30

## Monday

9:00	SS Circuit	TRX
10:00	SS Classic	TRX

## Wednesday

9:00	SS Classic	TRX
10:00	SS Classic	TRX

## Friday

9:00	SS Circuit	TRX
10:00	SS Classic	TRX
11:00	Chair Yoga	TRX

## Tuesday

9:00	SS Cardio	dance
10:00	Senior Spin	spin
11:15	Zumba Gold	fitness

## Thursday

9:00	SS Cardio	dance
10:30	Senior Pound™	TRX
11:15	Zumba Gold	fitness

With the exception of Chair Yoga, which is one-hour, and Senior Pound™ which is 1/2 hour, all senior classes are 45-minutes.

### Cycling

Participants must pick up a ticket at the front desk (available 30-minutes prior to class) to ensure a spot.

### Pricing eight-week session

- Classes are FREE and unlimited to members
- Tennis members may pay \$50 per session
- Eight-week session: \$90R/\$100NR
- 10-visit punch card \$90
- Pay-as-you-go (daily) \$10

### Class descriptions:

visit [hempsfieldrec.com](http://hempsfieldrec.com)

### Classes are subject to change.

Please sign up to receive our e-mail notifications for the latest updates delivered right to your inbox!

## 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**—making the classes perfect for anyone beginning a fitness program or anyone with limitations that require modification.

We participate in the SilverSneakers® and Silver&Fit® Fitness Programs, providing free membership to seniors with eligible plans: AARP® Medicare Supplement, Highmark Freedom Blue, and Health Options Program, to name a few. Please contact your provider to see if your plan is eligible.

With SilverSneakers® and Silver&Fit® memberships, seniors may participate in the exercise classes above, designed especially for older adults. In addition, seniors may also try any of our group exercise or \*aquatic classes that are FREE with SilverSneakers® and Silver&Fit® memberships.

\*Aquatic classes are listed on the aquatic group fitness schedule.