

Senior Group Exercise Schedule

Sept. 4—Dec. 30

Monday			Wednesday			Friday			Classes are subject to change. <i>Please sign up to receive our e-mail notifications for the latest updates delivered right to your in-box!</i> For detailed class descriptions, visit hempfieldrec.com Cycling participants should pick up a ticket at the front desk (available 30-minutes prior to class) to ensure a spot.
9:00	SS Circuit	TRX	10:00	SS Classic	TRX	9:00	SS Circuit	TRX	
10:00	SS Classic	TRX				10:00	SS Classic	TRX	
						11:00	Chair Yoga	TRX	
Tuesday			Thursday			With the exception of Chair Yoga, which is one-hour, and Senior Pound™ which is 1/2 hour, all senior classes are 45-minutes.			
9:00	SS Cardio	dance	9:00	SS Cardio	dance				
10:00	Senior Spin	spin	10:30	Senior Pound™					
11:15	Zumba Gold	fitness	11:15	Zumba Gold	fitness				

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.