

Senior Group Exercise Schedule

April 1—June 8

Monday

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

Wednesday

9:00	SS Classic	TRX
10:00	SS Classic	TRX
12:15	Chair Yoga	TRX

Friday

8:45	Senior Spin	spin
10:00	Senior Strength	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

Chair Yoga is one-hour long. Senior Pound™ and Senior Spin are ½-hour. All other senior classes are 45-minutes long.

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

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.