

Senior Group Exercise Schedule

September 3-December 22

Monday

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

Wednesday

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

Friday

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|-------|-----------------|------|
| 8:45 | Senior Spin | spin |
| 9:00 | Sr. Cardio Tone | TRX |
| 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.