

# Senior Group Ex Schedule

## Effective July 20

Please continually check the website for an updated schedule, as it may change frequently.

### 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

9:00	Sr Cardio Tone	TRX
10:00	Senior Strength	TRX
11:00	Chair Yoga	TRX

### Tuesday

9:00	SS Cardio	dance
11:15	Zumba Gold	fitness

### Thursday

8:30	SS Cardio	dance
11:15	Zumba Gold	fitness

Classes are FREE and unlimited to members.

Schedule may change at any time.

#### All classes:

Class sizes are limited to allow for social distancing and safety of all participants. Class sizes are posted outside each studio.

Updated schedules & class descriptions can be found at [hempsfieldrec.com](http://hempsfieldrec.com).

#### 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 modification.

We participate in the SilverSneakers® and Silver&Fit® Fitness Programs, providing free memberships 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.

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.*



Discover. Connect. Belong.

