



Discover. Connect. Belong.

Apr 23—Jun 10 GROUP EXERCISE SCHEDULE - Seniors

Monday

9:00	SS Circuit	TRX
10:00	SS Classic	TRX
10:45	SS Classic	TRX

Wednesday

10:00	SS Classic	TRX
10:45	SS Classic	TRX

Friday

9:00	SS Circuit	TRX
10:00	SS Classic	TRX
11:00	Gentle Yoga	dance

Tuesday

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

Thursday

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

With the exception of Gentle Yoga, which is one-hour, all senior classes are 45-minutes.

Try something NEW!

Senior Cycle - Seniors or anyone looking for a beginner to moderate intensity cycling class, join Lilian Smith for a safe, invigorating cycling class.

Work out at your own intensity to get the work-out you desire. A great addition to any cardio routine. 45 minutes.

Classes are subject to change.

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

For detailed class descriptions, visit hemphfieldrec.com

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

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 call 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.

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