

# Senior Group Exercise Schedule



## SPRING 2024



April 1<sup>st</sup> – May 26<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
	8:00-8:45am <b>Senior Balance &amp; Agility</b> Karen – S1	8:00-8:45am <b>Zumba Gold</b> Alisa – S1		8:00-8:45am <b>Senior Balance &amp; Agility</b> Karen – S1
9:00-9:45am <b>Senior Classic</b> Lisa – S1	9:15-10:00am <b>Senior Cycle</b> Juli – T	9:00-9:45am <b>Senior Classic</b> Lisa – S1	9:15-10:00am <b>Senior Strength</b> Dinia – S1	9:00-9:45am <b>Senior Classic Plus</b> Juli - S1
10:00-10:45am <b>Chair Yoga</b> Kasey – S1	10:15-11:00am <b>Senior Circuit</b> Doug – S1		10:15-10:45am <b>Senior POUND</b> Doug – S1	
	11:20-12:05 <b>Zumba Gold</b> Doug – F		11:20-12:05 <b>Zumba Gold</b> Alisa – F	
			5:00-5:45pm <b>Senior Classic</b> Lisa – S1	

### Group Fitness Text Alerts

Stay up to date with all things group fitness. Scan the QR code below to register for updates via text or go to the Group Fitness tab at [hempsfieldrec.com](http://hempsfieldrec.com)



### First Friday Zumba

Join us on the First Friday of every month for a Zumba Dance Party!

6:00-7:00pm

April 5<sup>th</sup>, May 3<sup>rd</sup>, June 7<sup>th</sup>

Theresa - F

F = Fitness Studio

T = Turf

S1 = Studio 1

NEW/Changed

Schedule subject to change. Visit: [hempsfieldrec.com](http://hempsfieldrec.com) for class descriptions.