

Senior Group Exercise Schedule



FALL 2024



Sept 2nd – Jan 5th

Monday	Tuesday	Wednesday	Thursday	Friday
	8:00-8:45am Senior Balance & Agility Karen – S1	8:00-8:45am Senior Classic Plus Juli – S1		8:00-8:45am Senior Balance & Agility Karen – S1
9:00-9:45am Senior Classic Lisa – S1	9:15-10:00am Senior Cycle Juli – T	9:00-9:45am Senior Classic Lisa – S1	9:15-10:00am Senior Strength Dinia – S1	9:30-10:15am Zumba Gold Alisa – S1
10:00-10:45am Chair Yoga Kasey – S1	10:15-11:00am Senior Circuit Doug – S1		10:15-10:45am Senior POUND Doug – S1	
	11:20-12:05 Zumba Gold Doug – F		11:20-12:05 Zumba Gold Alisa – F	

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



First Friday Zumba

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

6:00-7:00pm

Sep 6th, Oct 4th, Nov 1st, Dec 6th, Jan 3rd

Theresa - F

F = Fitness Studio

T = Turf

S1 = Studio 1

NEW/Changed

Schedule subject to change. Visit: hempsfieldrec.com for class descriptions.



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