

Senior Group Exercise Schedule



SUMMER 2025



June 9th – August 31st

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

Third Friday Line Dancing

6:00-7:00pm
June 20th, July 18th
Aug. 15th
Jaxson - 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
June 6th, Aug. 1st, Sept. 5th
Theresa - F

F = Fitness Studio
T = Turf
S1 = Studio 1

NEW/Changed

Zumba in the Parks

6:00-7:00pm
June 10th, July 8th, Aug 12th, Sept 9th
Jaxson – Silver Spring Park

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



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