

Senior Group Exercise Schedule



WINTER 2026



Jan 1st – Mar 31st

Monday	Tuesday	Wednesday	Thursday	Friday
	8:00-8:45am Senior Balance & Agility Karen – S1	8:00-8:45am Senior Classic Plus Alisa – S1		8:00-8:45am Senior Balance & Agility Karen – S1
9:15-10:00am Senior Classic Lisa – S1		9:00-9:45am Senior Classic Lisa – S1	9:15-10:00am Senior Strength Dinia – S1	9:30-10:15am Zumba Gold Alisa – S1
10:15-11:00am Chair Yoga Erin – 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		11:00-11:45am Zumba Gold Alisa – 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



First Friday Zumba

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

6:00-7:00pm

Jan 2nd, Feb 6th, Mar 6th

Theresa - F

F = Fitness Studio

T = Turf

S1 = Studio 1

NEW/Changed

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



Senior Group Fitness

Chair Yoga: A gentle class using adapted yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. Move through seated and standing yoga poses to increase flexibility, balance and range of motion.

Senior Balance and Agility: This class is designed to teach you balance, agility, and posture techniques. The walking, balance, agility, and core work of the class enable you to gain more stability in your everyday life.

Senior Circuit: The Senior Circuit workout offers standing, low-impact choreography alternating with standing upper-body strength work using hand-held weights, elastic tubing with handles, and a small ball. A chair is available for support. This class is suitable for every fitness level and can be adapted depending on the skill of individual participants.

Senior Classic: A great beginner level exercise class that focuses on giving you a functional full body workout. Perform seated and standing exercises to improve range of motion, to build strength, and to increase balance and flexibility with everyday activities. Senior Classic is specifically designed for active older adults, but all ages are welcome!

Senior Classic Plus: An intermediate-level progression of Senior Classic that builds upon functional movement patterns with added challenge. This class combines seated and standing exercises to further improve strength, balance, flexibility, and coordination while supporting everyday activities. Senior Classic Plus is ideal for active older adults who are ready to increase intensity while still prioritizing safety, control, and proper movement mechanics

Senior POUND: Pound is a cardio jam session inspired by the infectious, energizing fun of playing the drums. This exhilarating full body workout combines cardio, conditioning and strength training with Yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered for exercise, Pound transforms drumming into an effective way of working out. Participants will utilize Pound choreography and techniques, both standing and in a chair.

Senior Strength: This class focuses on building strength to perform everyday movements and improving your stability to maintain your balance while doing them. A mix of seated and standing exercises will be performed while developing your large muscle groups for strength, stability and overall fitness.

Zumba Gold: Dance-inspired moves specifically choreographed to Latin and international dance rhythms for the active older adult, the beginner participant and other special populations that enjoy uncomplicated, easy-to-follow dance routines. New dance moves are added often, keeping you motivated while challenging your cognitive skills. The perfect, mind/body synergy!

Contact Emily Long, Director of Fitness and Wellness, at elong@hempfieldrec.com or 717-898-3102 for more information or questions