

Senior Group Exercise Schedule



SPRING 2026



March 30th – May 31st

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

First Friday Zumba

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

6:00-7:00pm

April 3rd, May 1st

Theresa - 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



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