

Senior Group Exercise Schedule



Fall 2026

August 17th – November 8th



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	
10:15-11:15am Chair Yoga Erin – S1	10:20-11:05am Senior Circuit Doug – TRX	10:30-11:15am Senior Functional Fit Ricky – TRX	10:20-10:50am Senior POUND Doug – TRX	
	11:20-12:05 Senior Dance Fitness Doug – F		11:00-11:45am Senior Dance Fitness Alisa – S1	

First Friday Zumba

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

6:00-7:00pm

September 4th, October 2nd, November 6th

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.