Senior Group Exercise Schedule

Fall 2026

November 9th – December 6th

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am **Senior HIIT** Alisa – TRX	8:00-8:45am **Senior Balance & Agility** Karen – S1	8:15-9:00am **Senior HIIT** Alisa – TRX		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	10:45-11:30am **Senior Functional Fit** Ricky – TRX	10:20-10:50am **Senior POUND** Doug – TRX	10:45am-11:30am **Senior Functional Fit** Ricky – TRX
	11:20-12:05 **Senior Dance Fitness** Doug – F		11:05-11:50am **Senior Dance Fitness** 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 hempfieldrec.com

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