

RECREATION



SCHEDULE

(512) 332-8805

MONDAY

- 7:00AM**
SUNRISE STRETCH
- 9:00AM**
CYCLING
- 10:15AM**
AOA STRONG
- 11:30AM**
CARDIO DANCE
- 1:00PM (SR)**
LINE DANCE
- 1:00PM**
CHAIR VOLLEYBALL+
- 5:45PM**
BURN
- 6:45PM**
BOLLY X



TUESDAY

- 10:15AM**
ADAPTIVE CHAIR YOGA
- 11:30AM**
SILVER BOOM MOVE
- 5:30PM**
GENTLE YOGA

WEDNESDAY

- 6:45AM**
BURN
- 10:15AM**
GENTLE YOGA
- 10:15AM (SR)**
ADAPTIVE CHAIR YOGA
- 11:30AM**
CARDIO DANCE

THURSDAY

- 9:00AM**
ENERCHI
- 10:15AM**
BODY BLAST
- 11:30AM**
SILVER BOOM MOVE
- 5:30PM**
GENTLE YOGA
- 6:45PM**
ZUMBA

FRIDAY

- 6:45AM**
BURN
- 10:15AM**
AOA STRONG
- 11:30AM**
ZUMBA GOLD

SATURDAY

- 8:15AM**
CYCLING
- 9:15AM**
CORE & MORE
- 10:30AM**
BOLLY X

ALL PROGRAMS/CLASSES ARE INCLUDED IN MONTHLY MEMBERSHIPS:

INDIVIDUAL - \$30/\$35

SENIOR/MILITARY/PERSONS W/DISABILITIES - \$20/\$25

FAMILY - \$50/\$55

MILITARY FAMILY - \$40/\$45

UNLESS STATED OTHERWISE ALL CLASSES ARE HELD AT 1008 WATER ST.

(SR) CLASS HELD AT SENIOR CENTER
1209 LINDEN

(OD) CLASS HELD AT OUTDOOR UNIT
600 CHARLES BLVD

(SP) CLASS HELD AT STATE PARK POOL
100 PARK RD A

(+) CLASS HELD THE FIRST+THIRD MONDAY OF EVERY MONTH

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Active Older Adult (AOA) Strong - Class is designed for seniors and includes cardio, muscular toning and stretching. This class will help with balance, increase strength and range of motion, and mental health.

Adaptive Chair Yoga - An adaptive class for anyone with physical limitations, allowing them to fully enjoy Yoga's amazing wellness benefits. Great for individuals who have difficulty moving to and from the floor or prefer the stability of a chair.

Body Blast - A full-body workout using weighted plates and barbells combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit.

BollyX - Experience a Bollywood-inspired dance cardio workout that combines exhilarating calorie-burning choreography with upbeat music from India.

BURN - A 45-minute cardiovascular workout incorporating alternating short periods of intense anaerobic exercise and active recovery periods. Exercises focus on endurance and cardiovascular performance.

Cardio Dance - This dance fitness class offers challenging yet easy to learn dance sequences that burn hundreds of calories and improve memory and coordination skills. All in a fun, safe, and friendly environment.

Chair Volleyball + - Search and find a healthier lifestyle with movement, nutrition, games and friends! Chair volleyball will be involved. Harder than it looks, but so much fun! Chair Volleyball + is a FREE class held on the 1st and 3rd MONDAY of each month.

Core & More - Integrates Pilates and Franklin Method to achieve better functional core strength, balance, and posture, through movement flow and myofascial release.

Cycling - Each ride is unique but will include simulated hills, mountains, flat road, and racing. This cardio workout is appropriate for all fitness levels and includes a variety of music.

Enerchi - Tai chi-based workout. Includes movement through a slow, flowing sequence as you shift your weight front to back and side to side.

Gentle Yoga - Gentle stretching and breathing will help you enhance awareness of your own body and create healthy patterns for reducing stress and body aches.

Silver Boom Move - Dance based exercise class designed specifically for active older adults. Easy-to-follow choreography combined with energizing music for an engaging and FUN low impact aerobic workout.

Sunrise Stretch - Get your day started with a slow move stretch, building core strength and practicing breathwork and balance foundations. All levels welcome!

Zumba - Burn up to 600 kcal. Music comes from the following dance styles: cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, samba, hip hop music, axé music and tango.

Zumba Gold - Zumba class suitable for older adults seeking an alternative means of reaching their exercise goals.

CLASSES ARE OFFERED WITH MODIFICATIONS FOR DIFFERENT ABILITY LEVELS, SO THE MAXIMUM BENEFIT CAN BE ACHIEVED BY EACH INDIVIDUAL PARTICIPANT.