

RECREATION

Summer SCHEDULE

(512) 332-8805

MONDAY

7:00AM (OD)

SUNRISE STRETCH

**9:00AM
CYCLING**

**10:15AM
AOA STRONG**

**11:30AM
CARDIO DANCE**

**1:00PM (SR)
LINE DANCE**

**1:00PM
CHAIR VOLLEYBALL+**

**6:45PM
BOLLY X**

TUESDAY

8:00AM (OD)

CARDIO BOOTCAMP

**10:15AM
ADAPTIVE CHAIR YOGA**

**11:30AM
SILVER BOOM MOVE**

**5:30PM
GENTLE YOGA**

**5:30PM (SP)
WATER AEROBICS**

WEDNESDAY

**6:45AM
BURN**

**10:15AM
GENTLE YOGA**

**10:15AM (SR)
ADAPTIVE CHAIR YOGA**

**11:30AM
CARDIO DANCE**

**5:45PM
BURN**

THURSDAY

**8:00AM (OD)
CARDIO BOOTCAMP**

**9:00AM
ENERCHI**

**9:00AM (SP)
WATER AEROBICS**

**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**

**1:00PM
EATING WELL***

SATURDAY

**8:15AM
CYCLING**

**9:15AM
CORE & MORE**

**10:00AM (SP)
WATER AEROBICS**

**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 MONDAY OF EVERY MONTH

(*) CLASS HELD THE LAST FRIDAY OF EVERY MONTH

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.

Cardio Bootcamp - This is a series of exercises performed in rotation with minimal amounts of rest using a variety of equipment changing between cardio, strength, and agility.

Cardio Dance - This dance fitness class offers challenging yet easy to learn dance sequences that burn hundreds of calories and improves 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 MONDAY of each month.

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.

Eating Well - The basic understanding that we are what we eat. This monthly discussion will include the why, what, and effect of the food we consume. Eat Well is a FREE class held on the LAST FRIDAY of each month.

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.

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

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

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!

Water Aerobics - is a choreographed workout routine in the water. The class focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

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.