

# RECREATION

# Winter SCHEDULE

(512) 332-8805

## MONDAY

**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**

**FREE**

## TUESDAY

**9:00AM**  
**STEP**

**10:15AM**  
**ADAPTIVE CHAIR YOGA**

**11:30AM**  
**SILVER BOOM MOVE**

**5:30PM**  
**GENTLE YOGA**

**6:45PM**  
**ZUMBA**

## WEDNESDAY

**6:45AM**  
**BURN**

**9:00AM**  
**AOA STRONG**

**10:15AM**  
**GENTLE YOGA**

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

**11:30AM**  
**CARDIO DANCE**

**5:30PM**  
**STEP**

## THURSDAY

**8:00AM**  
**STEP BLITZ**

**9:00AM**  
**ENERCHI**

**10:15AM**  
**BODY BLAST**

**11:30AM**  
**SILVER BOOM MOVE**

**1:00PM**  
**TAI CHI FOR BALANCE**

**5:30PM**  
**GENTLE YOGA**

**6:45PM**  
**ZUMBA**

**FREE**

## FRIDAY

**6:45AM**  
**BURN**

**10:15AM**  
**AOA STRONG**

**11:30AM**  
**ZUMBA GOLD**

## SATURDAY

**8:15AM**  
**CYCLING**

**9:15AM**  
**CORE & MORE**

**10:30AM**  
**BOLLY X**

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

**(SR) CLASS HELD AT SENIOR CENTER  
1209 LINDEN**

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

**ALL PROGRAMS ARE INCLUDED IN  
MONTHLY MEMBERSHIPS:**

**INDIVIDUAL - \$30/\$35**

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

**FAMILY - \$50/\$55**

**MILITARY FAMILY - \$40/\$45**

**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.

**Bolly X** - 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, games, and friends! Chair volleyball is harder than it looks, but so much fun! Chair Volleyball+ is a FREE class held on the 1st & 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 roads, 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.

**Step** - A cardio class to improve fitness and help prevent bone loss, improve balance, stimulate the brain, and increase energy, all while burning calories! Can be performed with or without the step. All levels welcome!

**Step Blitz** - A fun cardio workout that improves coordination and balance in a step-choreography format. All levels will improve their ability to burn calories.

**Tai Chi for Balance** - Strengthen your body, develop balance and connect your mind with your body through holding positions and slow movement.

**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.**