



# March 2026 Group Fitness Schedule

Monday
<b>Body Work (A)</b> 5:15-6:00am / Erin
<b>SS® Yoga (B)</b> 8:00-8:45am / Nancy
<b>SS® Classic (A)</b> 8:30-9:15am / Linda
<b>Hatha Yoga (B)</b> 9:00-10:00am / Nancy
<b>TBC (A)</b> (Total Body Conditioning) 9:30am-10:30am / Andrea
<b>Fit Rx (A)</b> 10:45-11:45am / Jill
<b>TBC (A)</b> 5:00-5:45pm / Katherine
<b>Zumba® (A)</b> 6:00-7:00pm / Maria
<b>Flow Yoga</b> 7:15-8:15pm / Theresa

Tuesday
<b>Cycle 45 (A)</b> 5:30-6:15am / Theresa <i>*Pick up cycle tag at the front desk</i>
<b>SS® Splash (P)</b> 8:30-9:15am / Kristen <i>*No class March 17 due to AOA ShamRock N Roll W.O. *March 31 class is at 8:00am</i>
<b>SS® Yoga (A)</b> 8:30-9:15am / Nancy <i>*No class March 17 due to AOA Sham-Rock N Roll W.O.</i>
<b>AOA SSM (B)</b> 9:30am-10:15am / Kristen
<b>Strictly Strength (A)</b> 9:30-10:30am / Sarah D.
<b>Tai Chi (B)</b> 10:30am – 11:30am / Linda V.
<b>Strength Circuit (A)</b> 10:45-11:30am / <b>Anne</b>
<b>TBC (A)</b> 6:00-6:45pm / Maria

Class Key
<b>Red</b> = Please Note!
(A) = Studio A
(B) = Studio B
(P) = Pool
Geared towards 55+ / Active Older Adults / Low Impact

Wednesday
<b>Body Work (A)</b> 5:15-6:00am / Liz
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer <i>*No class March 4 due to AOA Wellness Retreat at Carver</i>
<b>Mat Pilates (A)</b> 9:30-10:30am / Sarah B.
<b>Cardio &amp; Core (B)</b> 9:30-10:30am / Sarah D.
<b>Fit Rx (A)</b> 10:45-11:45am / Sarah D.
<b>SS® Well Balanced (B)</b> 10:45-11:30am / Marie
<b>Deep Water (P)</b> 5:15-6:00pm / Kelly
<b>Zumba® (A)</b> 6:00-7:00pm / Maria
<b>Vinyasa Yoga (A)</b> 7:15-8:15pm / Tracy

Notifications
<ul style="list-style-type: none"> <li>March 4 AOA Wellness Retreat at Carver 9am-11am (registration &amp; fee required)</li> <li>No regular 8:30am SS/AOA classes on March 17 due to AOA ShamRock N Roll W.O. (8:30am Studio A)</li> </ul>

Thursday
<b>Cycle 45 (A)</b> 5:30-6:15am / Tracy <i>*Pick up cycle tag at the front desk</i>
<b>SS® Splash (P)</b> 8:30-9:15am / Kristen
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer
<b>AOA SSM (B)</b> 9:30-10:15am / Kristen
<b>Cycle &amp; Core (A)</b> 9:30-10:30am / Sarah D. <i>*Pick up cycle tag at the front desk</i>
<b>Strength Circuit (A)</b> 10:45-11:30am / Shya
<b>SHINE® (B)</b> 10:45-11:45am / Jackie
<b>Strength Circuit (A)</b> 6:00-6:45pm / Kelly

Friday
<b>Body Work (A)</b> 5:15-6:00am / Theresa
<b>UPLIFT® (A)</b> 6:15-7:00am / Jackie
<b>SS® Classic (A)</b> 8:30-9:15am / Jennifer
<b>SS® Yoga (B)</b> 8:30-9:15am / Gina
<b>TBC (A)</b> 9:30-10:30am / Andrea
<b>SS® Well Balanced (B)</b> 9:30-10:15am / Marie
<b>Fit Rx (A)</b> 10:45-11:45am / Leanne

Saturday
<b>Zumba (A)</b> 8:00-9:00am / Rotation
<b>Syn's Saturday Set (B)</b> 8:00-9:00am / Syn <i>*March 14 ONLY!</i>
<b>Flow Yoga (A)</b> 9:15-10:15am / Theresa





# Group Fitness Class Descriptions

**AOA SSM (Strength, Stability & Mindfulness):** Promoting independence with strength, range of motion, stability, balance, brain health and mindfulness using a variety of equipment and a SS chair.

**Body Work:** Muscle strength and endurance training to tone and shape your body. No fancy choreography here, just challenging body work!

**Cycle 45:** A low-impact indoor cycle class that is great for the novice, as well as the competitive tri athlete! Increase your aerobic/anaerobic capacity, burn calories and jump-start your metabolism. **PICK UP TAG AT FRONT DESK.**

**Cycle & Core** A low-impact indoor cycle class that is great for the novice, as well as the competitive tri athlete! Increase your aerobic/anaerobic capacity. Finish your workout with core exercises for a full workout. **PICK UP TAG AT FRONT DESK.**

**Deep Water:** This high-intensity workout that takes place in deep water, utilizing the buoyancy and resistance of water to provide a low-impact challenging workout. Classes incorporate flotation belts for proper alignment and support.

**Fit Rx:** This recreational class is for ANYbody (beginners to AOA's) wanting lower-impact, with exercise intensity levels. Class will incorporate weights, moderate to intermediate aerobics and stretching to directly improve all aspects of physical fitness.

**Flow Yoga:** This class uses postures and stretches in combination with the breath to develop flexibility and relaxation. Paying special attention to proper alignment of the body to bring balance, strength, and calmness into our lives. All levels welcome.

**Hatha Yoga:** This yoga practice is a gentle hatha flow, friendly for those with wrist or shoulder issues. There are no sun salutations or vinyasas in this practice, just strong steady flow from posture to posture with focus on strength, openness, stillness, awareness and breath.

**Kick & Core:** In this high intensity full body workout you will move at a rate that is ideal for calorie burning. This class is choreographed to intense music while using kickboxing exercises. Class will incorporate core training for a fun full body workout.

**Mat Pilates:** This Pilates class is mat-based and will sculpt your muscles from head to toe, focusing on a killer-core workout!

**POUND®:** A full-body cardio jam session that combines cardio, strength training, and Pilates with drumming to achieve a full-body workout. This class is designed for all fitness levels.

**SHiNE:** SHiNE Dance Fitness brings original routines to life using hit music and choreography for all abilities. Each class includes the perfect balance of high-cardio and body-weight toning to ensure you receive a full-body workout with real results!

**Syn's Saturday Set:** Coach Syn will take you through functional strength movements which will help improved your body's ability to perform everyday functions.

**SS® Classic:** This SilverSneakers® format is specifically for **active older adults**. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**SS® Splash:** This SilverSneakers® format utilizes the physical properties of the water to enhance agility, range of motion and cardio vascular conditioning while using a water tools to develop strength, balance and coordination.

**SS® Well Balanced:** The SilverSneakers® Well-Balanced program includes assessment, education, and exercises to help older adults reduce their risk of falls. You'll explore the many causes of falls, and complete a functional fitness assessment. Learn exercises to enhance strength, balance, coordination, reaction time, and flexibility/mobility. (Chair & weights are used)

**SS® Yoga:** This SilverSneakers® format is geared towards **active older adults**. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used (no yoga mats allowed) to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

**Strength Circuit:** In this workout you will cycle through several exercises targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance. Come prepared to work hard!

**Strictly Strength:** This class is for anyone who wants to develop muscular strength and endurance. We will hit every major muscle group using a variety of resistance equipment (balls, bands, barbells, weights and more).

**TBC (Total Body Conditioning):** Get the best of both worlds; muscle strength and endurance and cardiovascular endurance. Class will also include balance and core work for a well-rounded workout.

**Tai Chi:** Get the benefits of relieving stress, easing depression and improving balance with gentle, slow movements which help harmonize your body and mind.

**UPLIFT:** UPLIFT Strength Fitness is where strength meets fun! Set to a HYPE playlist of iconic throwbacks, this class helps you build muscle and confidence. Hand weights, bands and more will target every major muscle group.

**Vinyasa Yoga:** Links breathing and movement in a continuous rhythmic flow using the breath as a guiding force. Vinyasa Yoga emphasizes near-constant motion, with movements which are seamlessly strung together.

**Zumba®:** Zumba is perfect for everybody and every body! Each class is designed to bring people together to sweat it out. Combining all elements of fitness cardio, muscle conditioning, balance and flexibility. Enjoy boosted energy and a serious dose of awesome each time you leave class!