**TOTAL FITNESS**  
*Ages 50 & older*  
Get totally fit with a warm-up, low impact cardiovascular aerobics, strength training and cool-down stretching and flexibility exercises.

- Monday, 8-8:45 a.m. and 9-10 a.m.
- Monday/Tuesday/Thursday/Friday, 9-10 a.m.

**MAT YOGA**  
*Ages 50 & older*  
Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation and mindfulness meditation.

- Monday, 11 a.m.–noon  
- Tuesday, 1-2 p.m.

**ZUMBA**  
*Ages 50 & older*  
Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

- Tuesday, 10:10–11:10 a.m

**SILVERSNEAKERS CLASSIC**  
*Ages 50 & older*  
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

- Wednesday, 11 a.m.–noon

**WEIGHT ROOM ORIENTATIONS (BY APPOINTMENT ONLY)**  
*Ages 50 & older*  
This is a complimentary information fitness orientation typically 30 minutes in length that will provide you with the basics of how to operate the weight machines and cardio equipment. Call to make an appointment.

***Please note: an orientation is not a personal training session.***

- Tuesday/Thursday, 9-9:30 a.m.

**POP AND ZUMBA**  
*Ages 50 & older*  
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

- Thursday, 10:10-11:10 a.m.

**GLOBAL DANCE BEATS**  
*Ages 50 & older*  
An upbeat cardio experience combining dance and drumming with squats and lunges targeting inner, outer, butt, core and more!

- Friday, 10:05-11:05 a.m.

**SILVERSNEAKERS CIRCUIT**  
*Ages 50 & older*  
Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands and, a SilverSneakers ball and chair are used.

- Friday, 11:10 a.m.-12:10 p.m.

**BELLY DANCE FIT**  
*Ages 50 & older*  
This encompasses belly dance, core fitness, and strength building cardio into one invigorating and rejuvenating workout.

- Friday, 12:15 - 1:15 p.m.