

# ACTIV FITNESS SCHEDULE

## STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM: Strength	6:45 AM: Morning Yoga	6:15 AM: Strength	6:45 AM: Morning Yoga	6:15 AM: Strength
8:00 AM: Silver Strength	8:00 AM: Pilates	8:00 AM: Silver Strength	9:15 AM: Pilates	8:00 AM: Silver Strength
10:00 AM: Functional Strength	9:30 AM: Dance Exercise	10:00 AM: Functional Strength	10:30 AM: Stretch & Mobility	9:00 AM: Friday Fire
11:15 AM: Functional Strength	10:30 AM: Yoga Fusion	11:30 AM: Functional Strength	12:00 PM: Qi Gong	10:00 AM: Functional Strength
12:30 PM: Pilates	12:00 PM: Tai Chi	12:45 PM: Stretch & Mobility	6:30 PM: Power Hour	12:00 PM: Tai Chi
1:45 PM: Stretch & Mobility	5:00 PM: Fall Prevention	4:45 PM: Yoga		1:15 PM: Step
4:45 PM: Yoga	6:30 PM: Power Hour	6:00 PM: Strength		<b>SATURDAY</b>
6:00 PM: Strength		7:00 PM: Latin Fusion		9:30 AM: Step
7:00 PM: Latin Fusion				11:30 AM: Pilates
				12:45 PM: Stretch & Mobility

## ELM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM: Chair Exercise	8:15 AM: Chair Yoga	8:30 AM: Chair Exercise	8:15 AM: Chair Yoga	8:30 AM: Chair Exercise
10:00 AM: Steady & Strong	10:00 AM: Mindful Meditation	10:00 AM: Steady & Strong	9:30 AM: Chair Fusion	11:30 AM: Chair Exercise
11:30 AM: Chair Exercise	12:00 PM: Steady & Strong	11:30 AM: Chair Exercise	12:00 PM: Steady & Strong	1:00 PM: Chair Yoga
1:00 PM: Chair Yoga	1:30 PM: Cardio Dance	1:00 PM: Chair Yoga		

## GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM: Line Dance	10:00 AM: Walk with Ease	1:00 PM: Beginner Country Line Dance	10:00 AM: Walk with Ease	8:30 AM: Line Dance
9:45 AM: Line Dance				9:45 AM: Line Dance
11:00 AM: Disco Dance				11:00 AM: Zumba Gold

# FITNESS CLASS DESCRIPTIONS



Classes begin promptly at the scheduled time. Please arrive 5–10 minutes early to secure your spot & get settled.

## STUDIO

**DANCE EXERCISE:** A fun, music-driven workout that gets your heart pumping and your body moving!

**FRIDAY FIRE:** Friday Fire delivers a high-intensity, circuit-style workout designed to challenge your strength, endurance, and grit.

**FALL PREVENTION:** Focuses on building mobility, strength, coordination, balance, flexibility, and situational awareness to help reduce fall risk

**FUNCTIONAL STRENGTH:** Designed to improve everyday movements, this class focuses on strength, mobility, and balance using functional exercises. \*Intermediate Class

**LATIN FUSION:** A high-energy dance workout that blends cardio, toning, and fun choreography to upbeat music.

**MORNING YOGA:** Start your day with some energizing yoga that wakes up the body, improves flexibility, and sets a positive tone for the day.

**PILATES:** Strengthen your core, improve posture, and increase flexibility through low-impact movements that focus on alignment and control.

**POWER HOUR:** A high-energy class combining strength, cardio, and agility drills for a full-body workout.

**QI GONG:** A meditative practice combining breath work, gentle stretching, and flowing motions to improve energy, relaxation, and inner balance.

**SILVER STRENGTH\*:** This class focuses on controlled movements using weights and resistance tools to improve overall body strength. \*Beginner Class

**STEP:** Boost your cardio with fun, rhythmic step routines that build coordination, endurance, and heart health.

**STRENGTH\*:** Using resistance bands, free weights, and bodyweight exercises, you'll improve muscle tone, balance, and core stability. \*Advanced Class

**STRETCH AND MOBILITY:** Improves flexibility, increases joint range of motion, and enhances muscle elasticity through slow, intentional movements and longer-held stretches.

**TAI CHI:** Find balance and relaxation through gentle, flowing movements that promote flexibility, coordination, and mindfulness.

**YOGA FUSION:** A blend of yoga, Pilates, and functional movement, helping enhance strength, flexibility, and balance while incorporating mindful breathing.

## ELM

**CARDIO DANCE WITH CHAIRS:** Enjoy a fun and rhythmic cardio workout with the added support of a chair!

**CHAIR EXERCISE:** This class incorporates seated and standing exercises to improve strength, flexibility, and mobility in a supportive environment.

**CHAIR FUSION:** A gentle yet effective blend of yoga and Pilates performed entirely from a chair. Improve flexibility, build core strength, and enhance posture.

**CHAIR YOGA:** This gentle class focuses on breath work, stretching, and relaxation techniques to promote flexibility and reduce stress.

**MINDFUL MEDITATION:** A calming class that blends breath work and stillness to enhance awareness, presence, and inner clarity.

**STEADY & STRONG:** Through seated and standing exercises, participants will build better posture, coordination, and balance.

**YOGA:** Find your balance, build strength, and deepen your flexibility in this gentle yet energizing mat-based class that's perfect for all levels.

## GYM

**BEGINNER COUNTRY LINE DANCE:** Kick up your heels and learn the basics of country line dancing in this fun, beginner-friendly class!

**DISCO DANCE:** Get moving with fun, easy dance routines set to your favorite disco hits. A lively workout that boosts coordination, balance, and energy.

**LINE DANCE:** No partner needed—just bring your energy and get ready to step, turn, and shuffle to the beat.

**WALK WITH EASE:** A walking program developed by the Arthritis Foundation, that helps improve mobility, reduce pain, and increase overall physical activity.

**ZUMBA GOLD:** This low-impact dance class features easy-to-follow routines set to energizing music, perfect for building confidence, improving coordination, and staying active at your own pace.