



# SENIOR ADULTS

## LAND GROUP FITNESS CLASSES

Effective Jan 5, 2026 - Memorial Day

**ALL SENIOR CLASSES ARE HELD IN THE DANCE ROOM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 - 11:30am Senior Fitness Cardio + Strength	9:45 - 10:30am Silver Sneakers Classic	10:45 - 11:30am Senior Fitness Cardio + Mobility	9:45 - 10:30am Silver Sneakers Classic	10:45 - 11:30am Zumba Gold
11:45am - 12:45pm Chair Yoga	10:45 - 11:30am Silver Sneakers Cardio	12:00 - 1:00pm Chair Yoga	10:45 - 11:30am Silver Sneakers Cardio	1:00 - 2:00pm Chair Yoga
	11:45am - 12:45pm Senior Fitness Endurance		11:45am - 12:45pm Senior Fitness Endurance	
	1:00 - 2:00pm Chair Yoga		1:00 - 2:00pm Chair Yoga	



**CHAIR YOGA:** A CLASS BASED FROM THE CHAIR. CLASS WILL INCLUDE BOTH SEATED AND STANDING POSTURES. STUDENTS WILL NOT PERFORM POSES ON THE GROUND AND WILL KEEP THEIR SHOES ON THROUGHOUT CLASS.

**SENIOR FITNESS CLASSES:** LOW IMPACT CLASS IN A SAFE ENVIRONMENT FOR SENIOR ADULTS. EACH CLASS ON THE SCHEDULE WILL HAVE A SLIGHTLY DIFFERENT FOCUS, WHICH IS DESIGNATED IN THE CLASS TITLE.

**SILVER SNEAKERS CARDIO FIT:** BRING HEART-HEALTHY AEROBICS TO YOUR WORKOUT USING LOW-IMPACT MOVEMENTS. THIS CLASS FOCUSES ON BUILDING UPPER-BODY AND CORE STRENGTH WITH ADDED CARDIO ENDURANCE.

**SILVER SNEAKERS CLASSIC:** FOCUS ON STRENGTHENING MUSCLES AND INCREASING RANGE OF MOVEMENT, BALANCE AND COORDINATION. EQUIPMENT INCLUDING HAND-HELD WEIGHTS, RESISTANCE BANDS, AND SILVER SNEAKERS BALL WILL BE USED. CHAIRS ARE AVAILABLE FOR ADDITIONAL SUPPORT.

**ZUMBA GOLD:** DANCE TO LATIN, POP AND WORLD RHYTHMS. GOLD IS IDEAL FOR BEGINNERS, THOSE JUST RETURNING TO WORKING OUT AND ACTIVE ADULTS WITH A SLOWER PACE AND LOWER INTENSITY THAT IS EASY TO FOLLOW!

CLASS RATES:	PER CLASS	10 PASS	20 PASS
PREMIUM MEMBER ADULT	\$8	\$63	\$126
PREMIUM MEMBER SENIOR (62+)	\$6	\$54	\$108
PREMIUM MEMBER YOUTH (14-17)	\$6	\$54	\$108
NON-MEMBER ADULT	\$9	\$81	\$162
NON-MEMBER SENIOR (62+)	\$7	\$63	\$126
NON-MEMBER YOUTH (14-17)	\$7	\$63	\$126
ULTIMATE MEMBER	INCLUDED		

**Registration required for all classes.**  
**Scan QR code with your phone to register,**  
**or visit [chrcgroupfitness.as.me](http://chrcgroupfitness.as.me)**

