



# SENIOR ADULTS

## LAND GROUP FITNESS CLASSES

Effective Jan 5, 2026 - Memorial Day

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

**MONDAY**  
 10:45 - 11:30am  
 Senior Fitness  
 Cardio + Strength  
 11:45am - 12:45pm  
 Chair Yoga

**TUESDAY**  
 9:45 - 10:30am  
 Silver Sneakers Classic  
 10:45 - 11:30am  
 Silver Sneakers Cardio  
 11:45am - 12:45pm  
 Senior Fitness  
 Endurance  
 1:00 - 2:00pm  
 Chair Yoga

**WEDNESDAY**  
 10:45 - 11:30am  
 Senior Fitness  
 Cardio + Mobility  
 12:00 - 1:00pm  
 Chair Yoga

**THURSDAY**  
 9:45 - 10:30am  
 Silver Sneakers Classic  
 10:45 - 11:30am  
 Silver Sneakers Cardio  
 11:45am - 12:45pm  
 Senior Fitness  
 Endurance  
 1:00 - 2:00pm  
 Chair Yoga

**FRIDAY**  
 10:45 - 11:30am  
 Zumba Gold  
 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)

