

# Group Exercise Schedule-January 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM	Low Impact Aerobics Missy	SilverSneakers® YOGA Missy	Yogalates Missy	SilverSneakers® YOGA Missy	Yogalates Missy	Yogalates (Yoga & Pilates) (8:00-9:15) Andrea	YOGA Andrea (8:00-10.00)
9:30-10:30AM	STEP Circuit Missy	Body Sculpting Missy	Cardio Strength Training for the Mature Adult Missy	Body Sculpting Missy	Step Circuit Missy	Body Blast Sue Himes	
11:00AM-12:00PM	HIIT Andrea	Body Sculpting Missy	SilverSneakers® Circuit Missy	Body Sculpting Missy	SilverSneakers® Classic Missy	HIIT (High Intensity Interval Training) Andrea	
12:00PM-1:00PM	SilverSneakers® Circuit Missy						
12:15-1:15PM							
4:30-5:30PM	BODY BLAST (total body weight training) Andrea	Yoga on the Ball Andrea	Class Format and Instructor Varies- (see below)	Dance Fitness Margot	BODY BLAST (total body weight training) Andrea		
5:45-6:45PM	Tabatta Sue Himes	Guts and Glory Sue Himes	YOGA Andrea	Barre Andrea	YOGA Andrea (5:45-7:15)		
7:00-8:00PM	YOGA Andrea		HIIT (High Intensity Interval Training) Andrea	Somatic Yoga Sue Himes			

## Wednesday 4:30PM

- 1/7-Matwork Pilates-Margot
- 1/14-Strength Training using the Ball-Sue Himes
- 1/21-Strength Training-Margot
- 1/28-Step Circuit-Sue Himes