



# Doling Family Center - ALL 2019 Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes		5:30 – 6:30 <b>Boot Camp - \$</b> Heather		5:30 – 6:30 <b>Boot Camp - \$</b> Heather		
		8:00 – 8:30 <b>New Boom Muscle</b> Liz		8:00 – 8:30 <b>New Boom Muscle</b> Liz		
		8:45 – 9:15 <b>New Boom Mind</b> Liz		8:45 – 9:15 <b>New Boom Mind</b> Liz		
		9:00 – 10:00 <b>Total Yoga \$</b> Mona				
	9:30 – 10:30 <b>Step</b> Gina	9:30 – 10:30 <b>New Core Recovery</b> Liz	9:30 – 10:30 <b>Toning &amp; Strength Training</b> Jean	9:30 – 10:30 <b>Low Impact Aerobics</b> Babs	9:30 – 10:30 <b>Total Workout</b> Liz	10:00 – 11:00 <b>Zumba - \$</b> Liz
	10:35 – 11:35 <b>Silver Sneaker Classic</b> Gina	10:35 – 11:35 <b>Silver Sneakers Yoga</b> Mona	10:35 – 11:35 <b>Silver Sneakers Classic</b> Liz	10:35 – 11:35 <b>Silver Sneakers Yoga</b> Mona	10:35 – 11:35 <b>Silver Sneakers Circuit</b> Liz	
	11:45 – 12:45 <b>Zumba Gold - \$</b> Babs				11:45 – 12:45 <b>Silver Sneakers Yoga</b> Mona	
				5:00 – 5:45 <b>Pound - \$</b> Jen		
	5:30 – 6:15 <b>Pound - \$</b> Jen	6:00 – 7:00 <i>New Time</i> <b>Strong by Zumba - \$</b> Liz				
	6:00 – 7:00 <b>Step &amp; Tone</b> Heather	6:00 – 7:00 <b>Total Yoga - \$</b> Mona	6:00 – 7:00 <b>Strength &amp; Stretch</b> Heather	6:00 – 7:00 <b>Total Yoga - \$</b> Mona		

\$ = Additional Fee

Effective May 6, 2019



# Doling Family Center

## Senior-Based Group Exercise Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes		8:00 – 8:30 <b>New Boom Muscle</b> Liz		8:00 – 8:30 <b>New Boom Muscle</b> Chelsea		No Classes
		8:45 – 9:15 <b>New Boom Mind</b> Liz		8:45 – 9:15 <b>New Boom Mind</b> Chelsea		
				9:30 – 10:30 <b>Low Impact Aerobics</b> Babs		
	10:35 – 11:35 <b>Silver Sneaker Classic</b> Gina	10:35 – 11:35 <b>Silver Sneakers Yoga</b> Mona	10:35 – 11:35 <b>Silver Sneakers Classic</b> Liz	10:35 – 11:35 <b>Silver Sneakers Yoga</b> Mona	10:35 – 11:35 <b>Silver Sneakers Circuit</b> Liz	
	11:45 – 12:45 <b>Zumba Gold - \$</b> Babs				11:45 – 12:45 <b>Silver Sneakers Yoga</b> Mona	

**Silver Sneakers Classic:** A variety of exercises designed to increase muscle strength, range of motion and overall health.

**Silver Sneakers Yoga:** Improves joint health, balance, and endurance using static and dynamic movements with a chair for seated and standing support.

**Silver Sneakers Circuit:** Combines fun with fitness, to increase cardiovascular and muscle endurance with a standing circuit workout.

**Zumba Gold:** Zumba Gold is a modified, low impact version of Zumba that allows you move at your own pace.

**Boom Muscle:** 30-minute group exercise class designed for Baby Boomers and active older adults. A unique blend of cardio and strength-based athletic exercises. Coincides with Boom Mind as a precursor class.

**Boom Mind:** 30-minute group exercise class designed for Baby Boomers and active older adults. Empowering class that combines Yoga, Pilates and stretching. Coincides with Boom Muscle as a recovery class.