



Doling Family Center 2019-20 Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	5:30-6:30 a.m. Boot Camp Heather		5:30 - 6:30 a.m. Boot Camp Heather		5:30 - 6:30 a.m. Boot Camp Heather	
		8-8:30 a.m. Boom Muscle Liz		8-8:30 a.m. Boom Muscle Liz		
		8:45-9:15 a.m. Boom Mind Liz		8:45-9:15 a.m. Boom Mind Liz		
		9-10 a.m. Total Yoga \$ Mona				9:15-9:45 a.m. NEW-Ab Blast Liz
	9:30-10:30 a.m. Step Gina	9:30-10:30 a.m. Core Recovery Liz	9:30-10:30 a.m. Toning & Strength Training Jean	9:30-10:30 a.m. Low Impact Aerobics Babs	9:30-10:30 a.m. Total Workout Liz	10-11 a.m. Zumba - \$ Liz
	10:35-11:35 a.m. Silver Sneaker Classic Gina	10:35-11:35 a.m. Silver Sneakers Yoga Mona	10:35-11:35 a.m. Silver Sneakers Classic Liz	10:35-11:35 a.m. Silver Sneakers Yoga Mona	10:35-11:35 a.m. Silver Sneakers Circuit Liz	
	10:45-11:45 a.m. Low Impact Aerobics Babs				11:45 a.m.-12:45 p.m. Silver Sneakers Yoga Mona	
	5:30-6:15 p.m. Pound - \$ Jen		5:15-5:45 p.m. NEW-Ab Blast Heather	5-5:45 p.m. Pound - \$ Jen		
	6-7 p.m. Step & Tone Nacole	6-7 p.m. Total Yoga - \$ Mona	6-7 p.m. Strength & Stretch Heather	6-7 p.m. Total Yoga - \$ Mona		

\$ = Additional Fee

Effective October 16, 2019



Doling Family Center

Senior-Based Group Exercise Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes		8-8:30 a.m. Boom Muscle Liz		8-8:30 a.m. Boom Muscle Liz		No Classes
		8:45-9:15 a.m. Boom Mind Liz		8:45-9:15 a.m. Boom Mind Liz		
				9:30-10:30 a.m. Low Impact Aerobics Babs		
	10:35-11:35 a.m. Silver Sneaker Classic Gina	10:35-11:35 a.m. Silver Sneakers Yoga Mona	10:35-11:35 a.m. Silver Sneakers Classic Liz	10:35-11:35 a.m. Silver Sneakers Yoga Mona	10:35-11:35 a.m. Silver Sneakers Circuit Liz	
	10:45-11:45 a.m. Low Impact Aerobics Babs				11:45-12:45 Silver Sneakers Yoga 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.

Low Impact Aerobics: Designed to provide a safe workout for beginners and older adults. Includes warm-up, aerobics, cool down, toning and stretching.

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.