

# GROUP EXERCISE

STARTING 10/26 WEEKLY CLASS SCHEDULE

| MONDAY                                                  | TUESDAY                                                 | WEDNESDAY                                                        | THURSDAY                                                          | FRIDAY                                            | SATURDAY                                           |
|---------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|
| Senior Strength<br>(Katie), CD<br>5:00-6:00 am          | Mobility for Seniors<br>(Katie), CD<br>5:00-6:00 am     | Silver Bells Strength<br>for Seniors (Katie), CD<br>5:00-6:00 am | Boot Camp<br>(Kari), CD<br>5:15-6:00 am                           | Cardio Core<br>(Kari), CD<br>5:15-6:00 am         | Kettlebell Cardio<br>(Katie), CD<br>5:00-6:00 am   |
| Plex Tread<br>(Kari), CD<br>5:15-6:00 am                | Boot Camp<br>(Ann), PL<br>5:15-6:00 am                  | Weighted Walking<br>(Ann) PL<br>5:15-6:00 am                     |                                                                   |                                                   | Bootcamp<br>(Katie), CD<br>6:00-7:00 am            |
| Senior Stretch<br>(Katie), CD<br>6:00-6:30 am           |                                                         | Light Weight Room<br>Training, (Katie), WR<br>6:00-7:00 am       | <b>NEW</b><br>AquaFit<br>(Patty), RP<br>8:30-9:30 am              | HIIT<br>(Jayne), S2<br>8:20-8:50 am               | Running Maintenance<br>(Dusty), CD<br>6:30-7:30 am |
| Silver Splash<br>(Katie), RP<br>8:30-9:00 am            | AquaFit<br>(Gina), RP<br>8:30-9:30 am                   | <b>NEW</b><br>AquaFit<br>(Patty), RP<br>8:30-9:30 am             | <b>NEW</b><br>Cycling<br>(Tiffany), CS<br>9:00-9:50 am            | Barre<br>(Jayne), S2<br>9:00-9:50 am              | Weight Room Therapy<br>(Katie), WR<br>7:00-7:30 am |
| Weightroom for<br>Beginners (Katie), WR<br>9:00-9:30 am | <b>NEW</b><br>Cycling<br>(Tiffany), CS<br>9:00-9:50 am  | Circuit Training<br>(Katie), CD<br>8:30-9:30 am                  | Pilates<br>(Jayne), S2<br>9:00-9:50 am                            | AquaFit<br>(Yo), RP<br>9:00-10:00 am              | Weighted Walking<br>(Katie), CD<br>7:30-8:00 am    |
| Barre<br>(Jayne), S2<br>9:00-9:50 am                    | <b>NEW</b><br>HIRT<br>(Tiffany), S2<br>10:00-10:50 am   | HIIT<br>(Jayne), S2<br>8:30-9:20 am                              | <b>NEW</b><br>Rolling Recovery<br>(Tiffany), S2<br>10:00-10:30 am | Basic Swim Skills<br>(Yo), RP<br>10:00-10:30 am   | Aqua HIIT<br>(Kory), RP<br>9:00-9:30am             |
| Yoga<br>(Jayne), S2<br>10:00-10:50 am                   |                                                         | Yoga<br>(Jayne), S2<br>9:30-10:20 am                             | Power Cycle<br>(Andrea), CS<br>4:30-5:00 pm                       | Functionally Fit<br>(Jayne), S2<br>10:00-10:50 am | Strength<br>(Kory), CD<br>9:30-10:00 am            |
| Midday Lift & Core<br>(Katie), CD<br>11:00a-12:00 pm    | Kettlebell Circuit<br>(Kory), CD<br>5:00-5:30 pm        | Power Push & Pull<br>(Katie), WR<br>11:00a-12:00 pm              | <b>NEW</b><br>Strength Circuit<br>(Kory), CD<br>5:00-5:30 pm      |                                                   | ★ TRX Strength<br>(Andrea), CD<br>9:30-10:30 am    |
|                                                         | Strength<br>(Andrea), CD<br>5:15-6:00 pm                |                                                                  | Barre<br>(Jayne), S2<br>5:30-6:20 pm                              |                                                   | Gym for Beginners<br>(Kory), WR<br>10:00-10:30 am  |
| <b>NEW</b><br>AquaFit<br>(Patty), RP<br>5:30-6:30 pm    | <b>NEW</b><br>Running 101<br>(Dusty) CD<br>5:30-6:30 pm |                                                                  | AquaFit<br>(Yo), RP<br>5:30-6:30 pm                               |                                                   |                                                    |
| Strength<br>(Kory), WR<br>5:30-6:00 pm                  | Cycling<br>(Andrea), CS<br>6:15-7:00 pm                 | Core<br>(Kory), CD<br>5:30-6:00 pm                               | Yoga<br>(Jayne), S2<br>6:30-7:00 pm                               |                                                   |                                                    |

## Location of classes

Studio 2 (S2)      Weight Room (WR)  
Cycling Studio (CS)      Rec Pool (RP)  
Cardio Deck (CD)      Parking Lot (PL)

★ 1st Saturday of the month only

# SOME OF THE CLASS DESCRIPTIONS

- *Senior Strength: A safe, beginner-friendly strength class designed to improve muscle strength, balance, mobility, and overall fitness. Exercises can be modified for all fitness levels.*
- *Plex Tread: A dynamic treadmill-based cardio class designed to improve endurance, speed, and overall cardiovascular fitness. Suitable for all fitness levels with adjustable pace and intensity.*
- *Fit Pro Tour: For ages 12+ to adults... Take a guided tour with a PLEX Fit Pro to learn the equipment and machines throughout the PLEX*
- *Silver Splash: A low-impact water exercise class designed for seniors to improve strength, balance, flexibility, and cardiovascular fitness while being easy on the joints.*
- *Mobility for Seniors: A gentle class focused on improving flexibility, balance, range of motion, and everyday movement. Perfect for seniors looking to stay active, mobile, and independent.*
- *Boot Camp: A group physical training program specially formulated by our PLEX pro instructors. These classes are designed to build strength and fitness through a variety of exercises.*
- *HIRT: A high-intensity resistance training program focused on building strength, improving endurance, and increasing overall fitness through challenging, functional exercises.*
- *Rolling Recovery: A recovery-focused class using foam rolling and mobility exercises to release muscle tension, improve flexibility, and help your body recover and move better.*
- *Running 101: A beginner-friendly class designed to build running technique, endurance, and confidence. Perfect for those new to running or looking to improve their foundation.*
- *Power Cycle: A short, intense cycling workout designed to boost cardiovascular fitness, build leg strength, and burn calories through powerful intervals.s.*
- *Functionally Fit: This class incorporates elements of Tai Chi, yoga, and Somatic movement exercises (which are effective in improving overall muscle and joint movement, and functionality) Somatic Techniques are used when an individual is having a difficult time controlling the tension and discomfort of their muscles. They are beneficial for improving balance and coordination while increasing range of movement.*
- *Running Maintenance: Build your running endurance, strength, and technique while reducing injury risk. Each session combines running with targeted cross-training to help you run smarter, stronger, and more sustainably.*