

MONDAY

Gentle Yoga Monday \$84 with Jana Parker
Mondays/Wednesdays 9:30 am
September 8-December 8
14 Classes
(29 with Wednesdays\$145)
Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Monday Limber Up \$84 with Lynn Flint
Mon/Weds/Fridays 10:45 am
September 8-December 8
14 Classes
(43 with Weds & Friday \$172)
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

ToneTastic Mondays \$78 with Mary Hoadley
Mondays 5:15pm
September 8-December 8
(No class 9/22)
13 Classes
This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It's toning, its fantastic, it's TONETASTIC. Ages 15+.

All Star Workout \$78 with Mary Hoadley
Mondays 6: 15 pm
September 8-December 8
(No class 9/22)
13 Classes
ALWAYS different and ALWAYS fun! Mixing cardio kickboxing, strength training, Pilates and flexibility work into a perfect workout each class. his total body workout requires ability to get up and down off the ground freely. Ages 15+

ALAB Circuits (BARTON) \$84 (All Levels, All Bodies) with Sarah Corrow
Mondays, 5:30 pm
September 8-December 8
NC Primary Care —Barton
15 Classes
This circuit training class is for all levels and all bodies! Increase overall strength and endurance each Monday to kick off the week with right! Requires the ability to get up and down off the ground. Please bring a mat.

TUESDAYS

Tuesday Yoga AM \$90 with Carolyn Hannan
Tuesday/Thursday 9:00 am
September 2-December 9
15 Classes
(29 with Thursdays\$145)
This hour long yoga class is designed for most people with the ability to get up and down from their mat. A total body flow designed for awareness of body, mind and breathe. Please bring your mat if you have one.

TUESDAY Timed Fit \$90 with Mary Hoadley
Tuesdays /Thursdays 10:15 am
September 2-December 9
15 Classes (29 with Thursdays\$145)
This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift over-head. Not a “senior” fitness class.

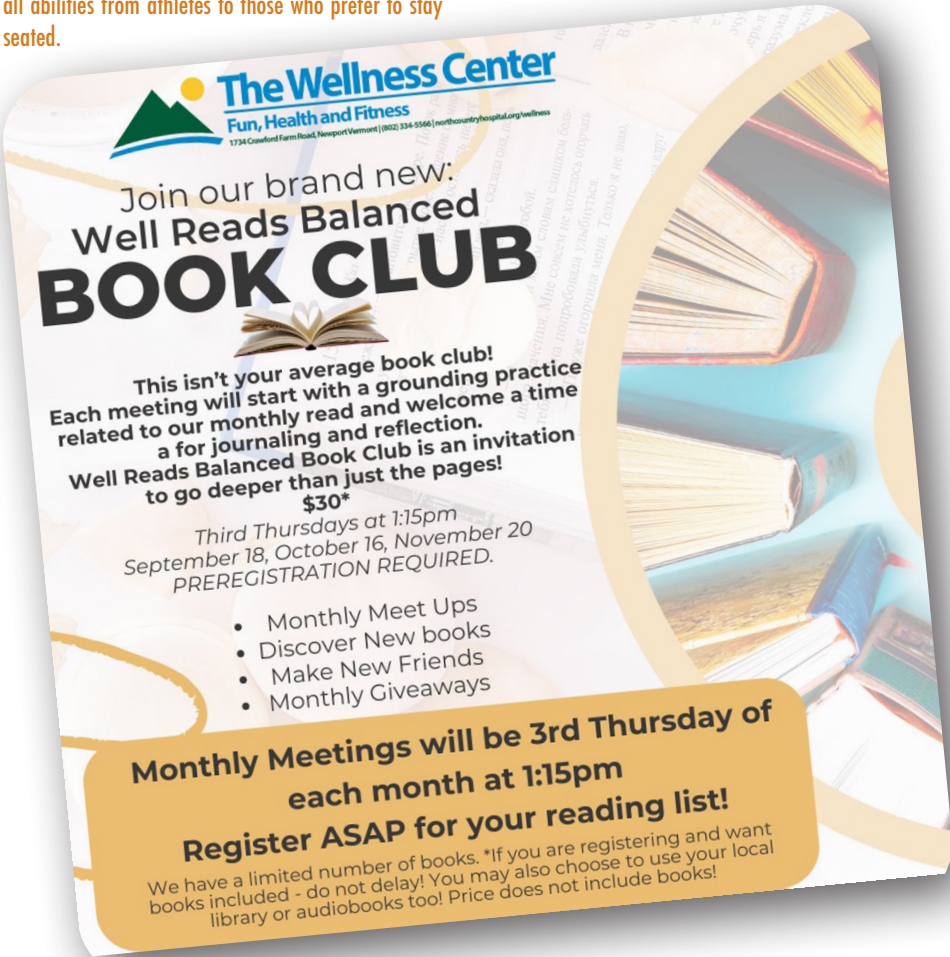
TUESDAY Zumba® Gold \$42 with Sally Rivard
Tuesdays 11:15 am
September 2-October 14
7Classes
(14 Classes with Thursdays \$70)
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR FOCUSED —All Ages Friendly!

Yogalaties \$84 with Mary Hoadley
Tuesdays 4:15 pm
September 2-December 9
(No class 9/23)
14 Classes (28 With Thursdays \$140)
A mix of the best in both worlds of Yoga and Pilates. Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Each class comes with a manta card. No class 3/25

Zumba® Tuesdays \$84 With Mary Hoadley
Tuesdays/Thursdays 5:15 pm
September 2-December 9
(No class 9/23)
14 Classes (28 With Thursdays \$140)
That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let’s dance the evening away! This class has all your favorite Zumba® rhythms from around the world. Halloween Fun: 10/28 & 30. Thanksgiving Special: 11/24 and Holiday Extravaganza: 12/9 & 12/11

TROY TUESDAY Zumba® Gold \$42 with Sally Rivard
Tuesdays /Thursdays 4:15 pm
September 2-October 14
7Classes
(14 Classes with Thursdays \$70)
Join this dance party for all ages! With moderate paces perfect for beginners & seniors. Bring a friend and have more fun! SENIOR Focused but all ages friendly!

TROY Parish Hall Tai Chi Easy \$42 with Sally Rivard
Tuesdays. 5:15pm
September 2-October 14
7Classes
(14 Classes with Thursdays \$70)
Restore your mind and body from the day’s activities. No sweat required! (Come in work clothes if you need to) and definitely NO STRESS when you leave! For all abilities from athletes to those who prefer to stay seated.



WEDNESDAY

ToneTastic AM \$90 with Mary Hoadley
Wednesdays 8:30 am
September 3-December 10
15 Classes
This popular class increases overall body strength! Requires the ability to get up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It's toning, its fantastic, it's TONETASTIC

Gentle Yoga Wednesday \$90 with Jana Parker
Mondays/Wednesdays 9:30 am
September 3-December 10
15 Classes (29 With Mondays \$145)
Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Wednesday Limber Up with Lynn Flint
Mon/Weds/Fridays 10:45 am
September 3-December 10
15 Classes (43 with Monday & Friday \$172)
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

Cardio (SPIN®) and Core \$90 with Lauren Gillespie
Wednesdays 4:15pm
September 3— December 17
(No Class 11/26)
15 Classes
Ride into the fun with this fast paced class! The first half of this workout is on the Spinning® bikes and then it's down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Welcomes most ages and abilities. Ages 15+

BARTON Yoga with Sarah \$84 with Sarah Corrow
Wednesdays 5:30 pm
September 3-December 10
(No Class 11/26)
14 Classes
This class welcomes all and concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket if you have them. Enter from down stairs of Primary Care-Barton.

THURSDAYS

Thursday Yoga AM \$84 With Judy S.
Thursdays/Tuesdays 9:00 am
September 4-December 11
(No 11/27)
14 Class (29 with Tuesdays \$145)
This class embraces a harmonious blend of dynamic movement and heart-opening postures. Classes focus on alignment, breath, and meditation, fostering a deep connection between body and mind. Participants will engage in uplifting practices that promote physical strength and emotional well-being.

NEW -Revive, Restore & Rest \$78 with Mary Hoadley
Thursdays 4:15 pm
September 4-December 11
(No Class 9/25 or 11/27)
13 Class (27 with Tuesdays \$135)
This newer class is just what your Thursday ordered! Starting with gentle movement, followed by a deep stretch/restorative postures and ending with an elongated “rest,” also knows as Yoga Nidra. Yoga Nidra, also known as “sleep yoga or yogic sleep” is a guided meditation for effortless relaxation. Each session offers the clinical benefits of 2 hours sleep.

Zumba® Thursday \$78 With Mary Hoadley
Tuesdays/Thursdays 5:15 pm
September 4-December 11
(No Class 9/25 or 11/27)
13 Class (27 with Tuesdays \$135)
That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let’s dance the evening away! This class has all your favorite Zumba® rhythms from around the world. We celebrate all the holidays this session including Valentine’s Day & St. Patrick’s Day. No class 3/27

TROY Parish Hall Yoga \$42 with Sally Rivard
Thursdays 5:15pm
September 4-October 16
7 Classes
(14 Classes with Tuesdays \$70)
Say yes to strengthening and relaxing your body, releasing tension and opening your heart, clearing and sharpening your mind through gentle, flowing yoga. No Class 3/6

FRIDAYS

T.G.I.F. Limber Up \$84 with Lynn Flint
Mon/Weds/Fridays 10:45 am
September 5-December 12
14 Classes (43 with Monday & Wednesday \$172)
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

SATURDAYS

Saturday Cardio (SPIN®) and Core \$84 with Lauren Gillespie
Saturdays, 7:15 am
September 6-December 13
No Class 11/29
14 Classes
Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it’s down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Ages 15+.

Drums Alive® \$84 with Hope Guisinger,
Helena Vachon & Mary Hoadley
Saturdays, 8:30 am
September 6-December 13
No Class 11/29
14 Classes
The best reason to workout on the weekend is BACK! Get ready to sweat, smile and strengthen. This class beats to the beat of it’s own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided.

SUNDAYS

Sunday Spin® with Rita \$84 with Rita Gage
Sundays, 8:30 am
September 7-December 14
No Class 11/30
14 Classes
Sundays are Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come 10 minutes early to set up your bike. Ages 15+ only! No class 2/9

Boxing and Bells \$84 High Intensity Interval Training with Mitchael Budziak
Sundays, 9:30 am
September 7— December 14
No Class 11/30
14 Classes
Sundays just got even better! We’ll provide the boxing gloves as you punch, jab, kick your workout to the next level! This class mixes boxing and strength with kettlebells and dumbbells for changeup and challenging workout. Ages 15+.