

River Senior Favorites



Effective May 1, 2026

Silver & Fit Categories

Strength Training

Special Conditions

Senior Yoga

Senior Dance

Fall Prevention

Aqua

MAIN GYM	MONDAY			TUESDAY			WEDNESDAY			MAIN GYM
	5:30am <i>**begins 9/10**</i>	Zumba Toning <i>*beginner/intermediate*</i>	Laurie	10:45am	Fit & Fun <i>*beginner*</i>	Meagan P	5:30am	High Low <i>*beginner/intermediate*</i>	Lyndsey	
	THURSDAY			SATURDAY						
	10:45am	Fit & Fun <i>*beginner*</i>	Jeanne	10:45am	Fit & Fun <i>*beginner*</i>	Angelina				

POOL	MONDAY			WEDNESDAY			FRIDAY			POOL
	9:00am	AquaFit	Tamee	9:00am	AquaFit	Tamee	9:00am	AquaFit <i>**begins 5/8**</i>	Angelina	

MIND & BODY	MONDAY			TUESDAY			WEDNESDAY			MIND & BODY
	7:15am	Healthy Posture <i>*beginner*</i>	Lorri	7:15am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	7:15am	Healthy Posture <i>*beginner*</i>	Lorri	
	8:30am	Mat Pilates <i>*intermediate*</i>	Micah	8:30am	Yoga Elements <i>*beginner*</i>	Lisa	8:30am	Mat Pilates <i>*intermediate*</i>	Barbara	
	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri	9:45am	Mat Pilates <i>*intermediate*</i>	Amy D	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri	
				11:00am	Chair Yoga <i>*beginner*</i>	Tessa	6:30pm	Vinyasa <i>*beginner*</i>	Kiele	
				12:00pm	Fascianator <i>*75 minutes* *beginner*</i>	Jeanne				
	THURSDAY			FRIDAY			SATURDAY			
	7:15am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	7:15am	Healthy Posture <i>*beginner*</i>	Lorri	8:30am	Healthy Posture <i>*beginner*</i>	Lorri	
	8:30am	Yoga Elements <i>*beginner*</i>	Lisa	8:30am	Mat Pilates <i>*intermediate*</i>	Tara				
	11:00am	Chair Yoga <i>*beginner*</i>	Sadie	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri	SUNDAY			
	12:00pm	Fascianator <i>*75 minutes* *beginner*</i>	Jeanne				9:15am	Vinyasa <i>*beginner*</i>	Team	

Please visit our website or app for class descriptions.