

# River Senior Favorites



Effective April 1, 2026

Silver & Fit Categories					
Strength Training	Special Conditions	Senior Yoga	Senior Dance	Fall Prevention	Aqua

<b>MAIN GYM</b>	MONDAY			TUESDAY			WEDNESDAY			<b>MAIN GYM</b>
	5:30am <i>**begins 9/8**</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>	Martha	
	THURSDAY			SATURDAY						
	10:45am	Fit & Fun <i>*beginner*</i>	Jeanne	10:45am	Fit & Fun <i>*beginner*</i>	Angelina				

<b>POOL</b>	MONDAY			WEDNESDAY			<b>POOL</b>
	2:00pm	AquaFit <i>**begins 4/13**</i>	Tamee	2:00pm	AquaFit <i>**begins 4/8**</i>	Tamee	

<b>MIND &amp; BODY</b>	MONDAY			TUESDAY			WEDNESDAY			<b>MIND &amp; BODY</b>
	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>	Martha	
	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	<b>SUNDAY</b> 9:15am Vinyasa <i>*beginner*</i> Team			
	12:00pm	Fascianator <i>*75 minutes* *beginner*</i>	Jeanne							
	7:30pm	Restorative <i>*beginner*</i>	Michele							

Please visit our website or app for class descriptions.