

River Senior Favorites



Effective March 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 9/8**</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	9:30am	Step & Sculpt <i>*beginner/intermediate*</i>	Angelina	10:45am	Fit & Fun <i>*beginner*</i>	Angelina	

POOL	MONDAY			WEDNESDAY			POOL
	2:00pm	AquaFit <i>**begins 3/16**</i>	Tamee	2:00pm	AquaFit <i>**begins 3/18**</i>	Tamee	

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