



Firstenberg Group Exercise Schedule

No class entry 5 minutes after start time.

Revised 3/22/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in the Aerobics/Dance Studio	8-9 a.m. Boomer Strength & Stretch** Kelly	8-9 a.m. Fall Prevention Janne	8-9 a.m. Boomer Strength & Stretch** Kelly	8-9 a.m. Fall Prevention Janne	8-9 a.m. Boomer Bootcamp Kelly	8:30-9:25 a.m. Fun-Fit Yoga Tiffany
	9:30-10:25 a.m. Cardio-N-More Myra	9:30-10:25 a.m. Zumba® Toning Tiffany	9:30-10:25 a.m. Flow Yoga Katy	9:30-10:25 a.m. Dance-N-More Myra	9:30-10:25 a.m. Total Conditioning Petrina	9:30-10:25 a.m. ZUMBA® Andrew
	10:30-11:10 a.m. Core-N-More Angie		10:30-11:20 a.m. Cycle** Angie		10:30-11:10 a.m. Core-N-More Angie	
	11:15 a.m.-12:15 p.m. Yoga Angie	11:15 a.m.-12:00 p.m. \$Pre-Ballet Jennifer	11:30 a.m.-12:10 p.m. Pumped Up Strength Angie	11:15 a.m.-12:10 p.m. \$Pre-Ballet/Jazz Jennifer	11:15 a.m.-12:15 p.m. Gentle Yoga Angie	
		12:15-1:00 p.m. Yoga Sculpt Hollie	12:15-1:00 p.m. Zumba® Tiffany			
	5:30-6:25 p.m. Zumba® Hollie	5:30-6:25 p.m. Zumba® Brandy	5:30-6:25 p.m. Zumba® Andrew	5:30-6:25 p.m. Zumba® Myra		
		6:30-7:30 p.m. Flow Yoga Tina		6:30-7:30 p.m. Flow Yoga Tiffany	5:45-6:45 p.m. Self Defense (private rental)	

Classes in the Community Room	8:30-9:15 a.m. ZUMBA® Gold++ Tiffany	8:30-9:15 a.m. Chair Yoga++ Jane	8:30-9:15 a.m. ZUMBA® Gold++ Tiffany	8:30-9:15 a.m. Chair Yoga++ Jane	8:30-9:15 a.m. ZUMBA® Gold++ Tiffany
	9:30-10:15 a.m. Cardio & Strength++ Mary	9:30-10:15 a.m. Cardio & Strength++ Tammy	9:30-10:15 a.m. Cardio & Strength++ Mary	9:30-10:15 a.m. Cardio & Strength++ Tammy	
	10:30-11:15 a.m. SSFP Classic++ Mary	10:30-11:15 a.m. Chair Yoga++ Sally	10:30-11:15 a.m. SSFP Classic++ Mary	10:30-11:15 a.m. Chair Yoga++ Sally	10:15-11:15 a.m. Tai Chi for Health Jill
	11:30 a.m.-12:15 p.m. Chair Yoga++ Mary		11:30 a.m.-12:15 p.m. Chair Yoga++ Mary		11:30 a.m.-12:15 p.m. Functional Fitness++ Petrina
	5:30-6:30 p.m. \$ Line Dance Andy		5:45-6:45 p.m. \$ Beg. Belly Dance Fusion Jennifer		
			6:45-7:45 p.m. \$ Int./Adv. Belly Dance Fusion Anna		

Class details available on the following page

++ Designed for ages 50+ or those seeking a lower intensity/slower paced workout.

** Pick up a tag up to 30 minutes prior to the start of class to hold your spot.

\$ Fee-based classes. Register in advance to attend.

Classes may be canceled at any time. In the event of inclement weather call **360-487-7040**.

Aerobics/Dance Studio Class Descriptions:

Boomer Strength/Stretch: A resistance and stretching program geared toward ages 50+.

Boomer Boot Camp: A full-body workout with rotations of strength, cardio and core moves.

Cardio-N-More: Half hour of cardio moves. Finishing class with strength, core and stretching. All levels welcome

Core-N-More: Full-body workout using a variety of equipment that focuses on core strength in every movement.

Cycle: Low-impact, high intensity workout on the stationary bike to get your heart racing.

Dance-N-More: Cardio dance class with upbeat music that finishes with floor work for core strength and mobility.

Fall Prevention: After warm-up, focus on balance and posture with the bodies stabilizing muscles. Strength train all major muscle groups, finishing with a 20 min. stretch.

FlowYoga: Using a system of flowing postures and conscious breathing, this class will help you improve your balance, strength and flexibility. Build on basic poses with relaxation exercises to alleviate stress.

Fun-Fit Yoga: A blend of low-impact cardio, Hatha yoga and core strengthening movements.

Gentle Yoga: Class teaches traditional yoga poses, emphasizing breathing, relaxation and calming of the mind.

\$Pre-Ballet/Jazz (ages 3-5): Take the first step into the dance world and learn fundamental movements to music. These classes emphasizes basic postures, coordination, stretches and self expression for ballet and jazz.

Pumped Up Strength: This class utilizes combination movement patterns in a targeted, rhythmic progression to build strength, increase lean muscle mass and rev up your metabolism.

Total Conditioning: Boost metabolism, burn calories and build muscle with cardio, functional strength exercises and endurance training. All levels are welcome.

Yoga: Achieve tranquility through traditional yoga strength and stretching exercises guided by the breath.

Yoga Sculpt: Energize your body, refresh your mind and work on balance, strength, and tone.

Zumba®: Dance and tone your body to heart-thumping Latin-inspired music and movements.

Zumba® Toning: Tone and strengthen arms, legs and glutes. All of the Zumba® fitness party you love.

Community Room Class Descriptions:

\$Belly Dance Fusion: Learn the fundamentals of belly dance and build core strength. This class incorporates flamenco with Middle Eastern and other musical genres. Ages 10+ welcome with adult. No prerequisite required.

\$Belly Dance Fusion Intermediate/Advanced: A continuation of belly dance, for those with 1-2 years experience.

Cardio & Strength: Cardio movement and body resistance program to increase strength and endurance. Exercises are geared toward ages 50+ but all are welcome.

Chair Yoga: A modified yoga class done from a chair and standing positions. Breathing, stretching, core

strength, balance and muscular endurance are the focus of the class.

Functional Fitness: A chair is available for seated and standing exercises. Use a variety of tools to strengthen your muscles and improve your functional fitness.

\$Line Dance: Dance to upbeat music without a partner. Ages 10+ with adult. Leather soled shoes recommended.

SSFP Classic: Have fun and move to the music with exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available for

seated or standing support as needed.

Tai Chi For Health: This form consists of 8 tai chi-based moves to improve balance, breathing and relaxation. These gentle exercises are safe for a wide range of conditions and ability levels. This class will also add introduction to the Yang 24 form.

Zumba® Gold: Endorsed by Silver&Fit. Beginning and intermediate levels are welcome.



**Firstenberg
Community Center**