



# Firstenburg Group Exercise Schedule

No class entry 5 minutes after start time.

Revised 10.14.25

Classes in the Aerobics/Dance Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-9 a.m. <b>Boomer Strength &amp; Stretch</b> Kelly	8-9 a.m. <b>Balance, Strength &amp; Stretch</b> Janne	8-9 a.m. <b>Boomer Strength &amp; Stretch</b> Kelly	8-9 a.m. <b>Balance, Strength &amp; Stretch</b> Janne	8-9 a.m. <b>Boomer Bootcamp</b> Kelly	8:30-9:25 a.m. <b>Fun-Fit Yoga</b> Tiffany
	9:30-10:25 a.m. <b>Cardio-N-More</b> Tiffany	9:30-10:25 a.m. <b>Zumba® Toning</b> Tiffany	9:30-10:25 a.m. <b>Flow Yoga</b> Katy	9:30-10:25 a.m. <b>Zumba® Melody</b>	9:30-10:25 a.m. <b>Total Conditioning</b> Petrina	9:30-10:25 a.m. <b>ZUMBA®</b> Andrew
	10:30-11:10 a.m. <b>Core-N-More</b> Angie		10:30-11:20 a.m. <b>Cycle**</b> Angie		10:30-11:10 a.m. <b>Core-N-More</b> Angie	
	11:15 a.m.-12:15 p.m. <b>Yoga</b> Angie	11:15am-12pm <b>\$ Pre-Ballet</b> 3-5yrs.	11:30 a.m.-12:10 p.m. <b>Pumped Up Strength</b> Angie	11:15am-12:10pm <b>\$ Pre-Ballet/Jazz</b> 3-5 yrs.	11:15 a.m.-12:15 p.m. <b>Gentle Yoga</b> Angie	
		12:15-1:00 p.m. <b>Yoga Sculpt</b> Hollie	12:15-1:00 p.m. <b>Zumba®</b> Tiffany			
		1:30-2:30pm <b>\$Small Group Training</b>	2-3pm <b>\$Small Group Training</b>	1:30-2:30pm <b>\$Small Group Training</b>		
	5:30-6:25 p.m. <b>Zumba®</b> Hollie	5:30-6:25 p.m. <b>Zumba®</b> Brandy	5:30-6:25 p.m. <b>Zumba®</b> Andrew	5:30-6:25 p.m. <b>Zumba Toning®</b> Tiffany		
		6:30-7:30 p.m. <b>Flow Yoga</b> Julie		6:30-7:30 p.m. <b>Mat Pilates</b> Barbara	5:45-6:45 p.m. <b>Self Defense</b> (private rental)	

Classes in the Community Room	8:30-9:15 a.m. <b>ZUMBA® Gold++</b> Tiffany	8:30-9:15 a.m. <b>Chair Yoga++</b> Jane	8:30-9:15 a.m. <b>ZUMBA® Gold++</b> Tiffany	8:30-9:15 a.m. <b>Chair Yoga++</b> Jane	8:30-9:15 a.m. <b>ZUMBA® Gold++</b> Tiffany
	9:30-10:15 a.m. <b>Cardio &amp; Strength++</b> Mary	9:30-10:15 a.m. <b>Cardio &amp; Strength++</b> Janne	9:30-10:15 a.m. <b>Cardio &amp; Strength++</b> Mary	9:30-10:15 a.m. <b>Cardio &amp; Strength++</b> Tammy	
	10:30-11:15 a.m. <b>SSFP Classic++</b> Mary	10:30-11:15 a.m. <b>Chair Yoga++</b> Rashmi	10:30-11:15 a.m. <b>SSFP Classic++</b> Mary	10:30-11:15 a.m. <b>Chair Yoga++</b> Rashmi	10:15-11:15 a.m. <b>Tai Chi for Health</b> Jill
	11:30 a.m.-12:15 p.m. <b>Chair Yoga++</b> Mary		11:30 a.m.-12:15 p.m. <b>Chair Yoga++</b> Mary		11:30 a.m.-12:15 p.m. <b>Functional Fitness++</b> Petrina

**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:

**Balance, Strength & Stretch:** After warm-up, focus on balance and posture using the bodies stabilizing muscles, as well as larger muscle groups, finishing with a 20 min. stretch.

**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.

**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.

**Mat Pilates:** Class designed to build strong, lean muscles while improving balance, core strength, coordination, flexibility and posture. This mind-body class emphasizes proper alignment and technique.

**\$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,

**\$Small Group Training:** Work on improving strength, balance and flexibility. Must register at front desk. Only 4 allowed per session.

**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.

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## Community Room Class Descriptions:

**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.

**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**