

SNR Express Group Exercise Calendar - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00AM - Strong Zumba w/Antonia
2	3 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba w/Antonia	4 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey 6:30 - Zumba w/Jenn and Cayce	5 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	6 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 7:00PM - Strong Zumba w/Antonia	7 9:00AM - Group workout	8 9:00AM - Strong Zumba w/Antonia
9	10 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba w/Antonia	11 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey 6:30 - Zumba w/Jenn and Cayce	12 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	13 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba w/Antonia	14 9:00AM - Group workout	15 9:00AM - Strong Zumba w/Antonia
16	17 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba s/Antonia	18 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey 6:30 - Zumba w/Jenn and Cayce	19 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	20 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba w/Antonia	21 9:00AM - Group workout	22 9:00AM - Strong Zumba w/Antonia
23/30	24/31 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 7:00PM - Strong Zumba w/Antonia	25 9:00AM - Group 10:00AM - Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey 6:30 - Zumba w/Jenn and Cayce	26 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	27 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 7:00PM - Strong Zumba w/Antonia	28 9:00AM - Group workout	29 9:00AM - Strong Zumba w/Antonia

Cardio Sculpt – total body workout with tools and music

Mixed Fit – is a dance fitness program that is a mix of boot camp, toning and explosive movements. Snapbacks, booty pops, body rolls and diagonal pumps are put together in a fitness dance format.

Senior Fitness – is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

Strong Zumba-is a high intensity interval class – think burpees, pushups, and other high-impact moves – that is synced to specific music.