

# ACTIVE OLDER ADULT FITNESS OPPORTUNITIES AUGUST 2026



Please sign-up online or at the front desk. We encourage everyone to pre-register. Always check the schedule and/or Facebook to keep updated on cancellations. Class fee: \$3 for Members. \$6 for Non-Members. If you are a Silver Sneakers Member, all SS classes are free. We require a 2-hour cancellation notice for all Active Older Adult Fitness Classes, unless it's an emergency. If School is cancelled all Active Older Adult Fitness Classes will be cancelled.

No sign-up required for Table Tennis or Pickleball  
Classes are available to sign up on July 24 8:00am

Phone: 715.670.0790

|                   | MONDAY                                    | TUESDAY                                                                                                 | WEDNESDAY                                      | THURSDAY                                               | FRIDAY                                        |
|-------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------|-----------------------------------------------|
| TIME              |                                           |                                                                                                         |                                                |                                                        |                                               |
| 8:30a-9:30a       | 8:30a-9:30a<br>Morning Splash<br>(Marla)  | 8:30a-9:30a<br>Deep Water<br>(Laura)                                                                    | Morning Splash<br>(8:30a-9:45a)<br>(Marla)     |                                                        | Morning Splash<br>(Marla)                     |
| 8:30a-11:30a      | Table Tennis<br>followed by<br>Pickleball | 9:30a-11:30a<br>Pickleball                                                                              | Table Tennis<br>followed by<br>Pickleball      | 10:00a-11:30a<br>Beginner<br>Pickleball                | Table Tennis<br>followed by<br>Pickleball     |
| 8:40a-9:50a       |                                           | 8:45a-9:45a<br>Silver Sneakers<br>Stability & Yoga<br>(Emily)                                           | Gentle Yoga for<br>Ease of Movement<br>(Emily) | 8:45a-9:30a<br>Chair Stability &<br>Mobility (various) |                                               |
| 9:00a-10:00a      | Silver Sneakers<br>Classic<br>(Lori)      |                                                                                                         | Silver Sneakers<br>Classic<br>(Lori)           |                                                        | Silver Sneakers<br>Classic<br>(Lori)          |
| 10:00a-10:45a     |                                           | 10:00a-10:45a<br>Hub Members Functional<br>Fitness (Katie)<br>NO Class (8/4&18)<br>DVD exercise instead | Beg. Core & Stretch<br>10:15a-10:50a<br>(Lori) | 10:00a-10:45a<br>Gold Dance<br>Fitness (Annette)       | Beg. Core & Stretch<br>10:15a-10:50a<br>(Sue) |
| Water<br>Aerobics | 5:40p-6:40p<br>Aqua Zumba<br>(Angie)      |                                                                                                         |                                                | 5:40p-6:40p<br>Aqua Zumba<br>(Angie)                   |                                               |

# AUGUST

## **Class Descriptions**

**Aqua Zumba:** Aqua Zumba, the get fit pool party. Aqua Zumba new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

**Beginner Core & Stretch:** Get down on the mat for this 40-minute workout focusing on strengthening your core and ending with a full body stretch. Must be able to get up and down from the floor.

**Chair Stability & Mobility:** This 45-minute class features a variety of sitting and standing exercises to improve your balance and increase range of motion. Instructors: Emily, Karen, Patrick and Clare

**Deep Water:** Cardiovascular workout without impact on the joints! The water buoyancy supports your weight and moving through the water provides resistance and strengthening of the muscles. You do not need to know how to swim to enjoy this class!

**Functional Flow:** This class will begin with chair flexibility to start the flow of your day and will transition to functional standing balance tasks (chairs available) to encourage and maintain your stability. (HUB MEMBERS ONLY)

**Morning Splash:** The title may be a bit misleading as there will be no head dunking or swimming skills required in the is class. However, there will be aerobic activity in the form of running, jumping, or walking. Exercise weights and water's natural resistance will help tone and increase your strength without strain and pain. Wednesdays Marla adds 15 minutes at the end of class for water walking in the resistance pool area.

**Silver Sneakers Stability:** If you want to improve your balance and strength, Silver Sneakers Stability is the class for you! Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.

**Silver Sneakers Classic:** In this class you will focus on increasing muscle strength, range of movement and improving activities for daily living. A chair is required for part or all this class.

**Silver Sneakers Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints.

**Water Aerobics:** Get a great upper and lower body workout using fifty different exercises. We will be using water jugs and your own body weight. No experience is required. Must feel comfortable in the water.

**Gold Dance Fitness:** Active older adults who are looking for a modified Zumba class that recreates original moves you love at a lower intensity. The design of the class introduces easy to follow ZUMBA choreography that focuses on balance, range of motion and coordination