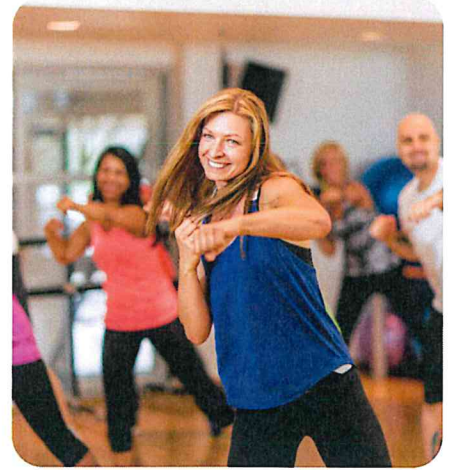




# GROUP EXERCISE



**APRIL 2026**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Water Aerobics (Renea)		Water Aerobics (Renea)		Water Aerobics (Renea)	
8:30 AM	Centergy (Rachael)	Gentle Yoga (Shannon)	Centergy (Rachael)	Gentle Yoga (Shannon)		
9:00 AM						
9:30 AM	Silver Sneakers (Rachael)	Longevity (Miranda)	Silver Sneakers (Rachael)	Longevity (Miranda)	Silver Sneakers (Rachael)	
10:30 AM						
5:00 PM		Water Aerobics (Ann)		Water Aerobics (Ann)		
5:30 PM	Group Power (Kerri)		Group Power (Kerri)			
5:30 PM	Osage Athletes (Lauren)	Osage Athletes (Lauren)	Osage Athletes (Lauren)	Osage Athletes (Lauren)		
6:00PM		Line Dancing (Ileana) April 28		Line Dancing (Ileana) April 9, 16, 23		
6:30PM			"Wine" Down (Kerri) *APRIL 15 ONLY			

# CLASS DESCRIPTIONS

## **Centergy**

An invigorating mind-body workout incorporating yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and strength.

## **Gentle Yoga**

Accessible and restorative yoga catering to all fitness levels and ages.

## **Group Power**

A cutting edge workout that uses traditional strength exercises and integrated multi-planar exercises with a barbell, plates, and body weight to get muscle and movement strong.

## **Line Dancing**

Our Beginner Line Dancing Class is perfect for anyone ready to have fun and learn easy-to-follow steps—no experience needed. We'll break down the basics, dance to great music, and build confidence in a welcoming, upbeat atmosphere.

## **Longevity**

This program is focused on 55+ demographics designed to restore/improve mobility first and applies scalable movements to improve overall health and fitness. Movement first, intensity second

## **Osage Athletes**

A form of interval training with strength and conditioning workouts using functional movements performed at a high intensity

## **SWEAT**

This class consists of varied functional fitness movements, cardio-based and relatively high-intensity interval training. With body weight and strength training options incorporated into each class, the quick-paced, 30-minute class is designed to make sure you SWEAT! Modifiable for most levels of ability.

## **Silver Sneakers**

This class is a unique physical activity, lifestyle, and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun, and make friends. \*Chair bound or free mobility.

## **Water Aerobics**

Get a low-impact workout using the resistance of the water. Classes are open to any level of ability and workouts can be adapted to the intensity level that fits your goals. This class also offers social opportunities to connect with others.

## **"Wine" Down**

Wine down with some stretching and a sample of wine with friends. This group will focus on relaxations and socialization.

## CLASS ETIQUETTE

- Arrive to class 5-10 minutes prior to start time and plan to stay the full time.
- Turn cell phones off and keep chit-chat to a minimum during class time.
- Clean equipment after use and store away properly.