

SUMMER/FALL GROUP FITNESS

MONDAY

CLASSES START
08/10

7:00-7:55am
HIIT
Jinee

8:15-9:10am
SilverSneakers®
Classic
Jinee

8:15-9:10am
Cycle & Strength
Yvonne

9:30-10:25am
Strength & Cardio
Yvonne

9:30-10:25am
Aquaerobics
Jinee
(At HCP Aug. 3)
(Starts at KRC
Aug. 10)

10:50-11:30am
Cycling
Jinee

5:30-6:25pm
Boot Camp
Susie

6:15-7:10pm
Zumba
Dawn

TUESDAY

CLASSES START
08/11

5:30-6:25am
Boot Camp
Susie

8:15-9:10am
Strength & Cardio
Jinee

9:30-10:25am
SilverSneakers®
Splash
Jinee
(At HCP Aug. 4)
(Starts at KRC
Aug. 11)

11:00-11:55am
SilverSneakers®
Circuits
Jinee

6:00-6:50pm
Aqua Motion
Taylor
(Starts August 11)

7:00-7:55pm
Yoga
Eleanor

WEDNESDAY

CLASSES START
08/12

7:00-7:55am
HIIT
Jinee

8:15-9:10am
SilverSneakers®
Classic
Jinee

8:15-9:10am
Cycle & Strength
Yvonne

9:30-10:25am
Strength & Cardio
Yvonne

9:30-10:25am
Aqua Tabata
Jinee
(At HCP Aug. 5)
(Starts at KRC
Aug. 12)

5:30-6:25pm
Cycling
Angela

THURSDAY

8:15-9:10am
Circuits
Jinee

9:30-10:25am
SilverSneakers®
Splash
Jinee
(At HCP Aug. 6)
(Starts at KRC
Aug. 13)

11:00-11:55am
SilverSneakers®
Circuits/Cardio
Drums
Jinee

5:30-6:25pm
Barre
Angela

7:00-7:55pm
Yoga
Eleanor

FRIDAY

5:30-6:25am
Cycling
Yvonne

8:15-9:10am
SilverSneakers®
Classic
Jinee

8:15-9:10am
Cycle & Core
Yvonne

9:30-10:25am
Aqua Tabata
Jinee
(At HCP Aug. 7)
(Starts at KRC
Aug. 14)

Look out for
Pop-Up Classes
throughout the
session!



AUGUST 6-OCTOBER 11, 2026

End Summer Strong. Start Fall Stronger.

Group Fitness Fees:

SESSION FEES

10 weeks: \$25 Member \$32 Non-member

EARLY BIRD REGISTRATION - July 20-August 6

Register for multiple classes during early timeframe to qualify for the discount. Any classes with a cycling bike do not apply due to limited class sizes.

2nd+Class(es) Member \$5 each

2nd+Class(es) Non-member 10% Discount each

DROP IN FEES

Pay a drop in fee to attend one class—\$3 Member \$6 Non-member

CHANCE CARD

This card allows you to attend any class without committing. Chance cards do not expire and are non-transferable.—\$45 Member \$60 Non-member

CANCELLED CLASS

If class is cancelled, a make-up pass valid for two-months will be issued for any basic member or non-member. The department reserves the right to cancel any class on the basis of low attendance.

PREMIUM MEMBERSHIP: Please sign up for any class you will take by August 6th

All group fitness classes are included with this membership. Please sign up for the classes to ensure you have a spot in classes; especially Cycling and Barre. All SilverSneakers and Renew Active members will receive all classes for free except for Barre and any class that includes a bike.

WEATHER POLICY: ALL classes will be canceled if Highland School District cancels school.

Class Descriptions:

Aquarobics/Aqua Motion: A low impact total body workout that uses water for resistance. Splash your way towards better flexibility, strength and cardiovascular ability.

Aqua Kickboxing: A dynamic and high energy strength and cardio workout that combines traditional kickboxing with the benefits of exercising in water.

Aqua Tabata: This class is designed to achieve maximum results in a minimal time period. During a Tabata class you will perform 20 seconds of maximum intensity exercise followed by 10 seconds of active rest.

Boot Camp: Looking to take your cardio and strength to a new level? This class incorporates a variety of Boot Camp style drills to keep you sweating and having fun!

Class Descriptions Continued:

Barre: Barre fitness is a hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Most classes incorporate a ballet barre and use classic dance moves such as piles, alongside static stretches. Barre also focuses on high reps of small range movements. Classes will improve your balance, flexibility, build strength, burn calories and improve stability through a stronger core.

Circuit: Boost your strength, endurance, and overall fitness with this high-energy circuit training class! In this dynamic, full-body workout, participants will rotate through a series of stations, each targeting different muscle groups and fitness components like strength, cardio, and agility. With timed intervals and minimal rest, this class is designed to keep your heart rate up while building lean muscle. Modifications are available, making it suitable for all fitness levels—from beginners to seasoned athletes.

Cycle and Core: Cycling intervals to build endurance and core work which includes abs, back, glutes, outer and inner thighs using mostly body weight exercises.

Cycle & Strength: Challenge your body with this intense fusion workout! Enjoy a portion of class on the Spinning bike, then enjoy some great strength training off the bike!

Cycling: Go on a voyage to motivating music! Great for burning calories, cardio conditioning and FUN! Choose your own intensity and increase your fitness at your own pace.

HIIT: Get ready to sweat! This high-intensity interval training (HIIT) class alternates short bursts of intense exercise with brief recovery periods to boost cardio fitness, build strength, and burn calories fast. All fitness levels welcome, modifications provided.

SilverSneakers Circuit: Interval-style training, designed to strengthen your upper-body with tubing, handheld weights and a SilverSneakers ball. Low-Impact cardio movements are alternated to maximize fitness benefits. A chair is offered for support.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Splash: Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability required and a SilverSneakers kickboard is used to improve strength, balance and coordination.

Strength & Cardio: This class is 50% cardio 30% weights and 20% abs. Every set can be modified up or down to each individual's level. We incorporate weights, balls, the step and bands to get an all over workout. Low intensity to high.

Strength & Fitness: Class is held on the Fitness floor using various equipment. This class offers an opportunity to improve your muscular strength and muscular endurance.

Tabata: A mid-level class with a variety of strength, endurance and core training. This class uses the technique of 20 seconds GO, 10 seconds REST for 8 sets/10 circuits. You will be doing many compound exercises; working several different muscle groups at once! Alternative exercises in each set for beginners or if dealing with an injury/limitation.

Yoga: This class synchronizes muscle toning with relaxation by focusing on flowing poses and deep breathing. With support, find your edge while you build strength, improve flexibility and release tension and stress.