

Maidu Community Center

1550 Maidu Drive
(916) 772-PLAY Option 4



Group Exercise Schedule • March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUNCTIONAL FITNESS 8:05-8:55am Jenel				SUNRISE YOGA & STRETCH 8:05-8:55AM Christine
CHAIR FIT MIX 9:00 - 9:45am Debbie	NEVER TOO LATE AEROBICS 9:00 - 9:45am Gina	CHAIR FIT MIX 9:00 - 9:45am Debbie	ZUMBA SENTAO 9:00 - 9:45am Debbie	NEVER TOO LATE AEROBICS 9:00 - 9:45am Christine
CHAIR YOGA 10:00 - 10:45am Debbie	CHAIR FIT MIX 10:00 - 10:45am Gina	CHAIR YOGA 10:00 - 10:45am Debbie	CHAIR YOGA 10:00 - 10:45am Debbie	FUNCTIONAL FITNESS 10:00-10:45am Shelly
YOGA ON THE BALL 11:00 - 11:45am Debbie	GENTLE YOGA 11:00 - 11:45am Gina	YOGA ON THE BALL 11:00 - 11:45am Debbie	YOGA ON THE BALL 11:00 - 11:45am Debbie	CHAIR FIT MIX 11:00 - 11:45am Shelly

FACILITY HOURS

Monday-Friday
8:00am - 5:00pm
Saturday/Sunday
Closed

Chair Fit Mix: Improve stamina, muscle tone, flexibility, and, coordination. A non-impact workout for those with a physical condition that limits their participation in conventional forms of exercise. Closed toe/heel shoes are recommended.

Chair Yoga: yoga movements supported with chair and/or seated. **GENTLE YOGA:** full body stretch on the mat with a combination of standing and lying postures

Functional Fitness: This class puts the "FUN" in functional fitness! Classes will include a variety of balance, core, strength and low-impact mobility movements that will help you with your daily life activities. This is a full body workout using weights, balls, bands and various equipment.

Never Too Late Aerobics: Low impact dance aerobics. No experience necessary. Closed toe/heel shoes are recommended.

Sunrise Yoga and Stretch: Increase balance, flexibility, and relaxation with a combination of seated and standing yoga and QI Gong based movements. Closed toe/heel shoes are recommended.

Yoga on the Ball: YogaFit style format will improve flexibility, balance, strength, and range of motion all while using stability balls in a variety of movements focusing on strong core awareness. Yoga mat friendly, using the stability ball to assist with transitions between standing and mat work. Traditional tranquil yoga cooldown.

Zumba Sentao: Zumba Sentao (means sitting) combines strength and resistance training with innovative dance fitness moves, all centered around a chair. It is a high/ intensity workout to invigorating music that focuses on defining your muscles, improving overall cardio health and it has the added benefit of burning lots of calories in the process.