YES CALENDAR

NOVEMBER 2026

	MON	TUES	WED	THUR	FRI	SAT
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING	
8:30 AM	HYDRO HIIT FREE STYLE CIRCUIT	AQUA INTENSITY	FLUID MOVES FREE STYLE CIRCUIT	POWER WAVES	FIT FRIDAYS BALANCE CIRCUIT	
9:00 AM						SATURDAY SPLASH
9:00 AM - 12:00 PM	OPEN PLAY PICKLEBALL - GYM	OPEN PLAY PICKLEBALL - GYM		OPEN PLAY PICKLEBALL - GYM		
9:45 AM	YES CIRCUIT TRAINING RENEW YOGA & MEDITATION		YES CIRCUIT TRAINING		YES CIRCUIT TRAINING	
11:00 AM	BALANCE TRAINING TAI CHI	AGELESS AGILITY YIN YOGA	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA	
11:00 AM			SR METABOLIC STRENGTH		SR METABOLIC STRENGTH	GENTLE YOGA
12:00 PM		SIT STRONG	MOVEMENT & MOBILITY	CHAIR YOGA		
5:30 PM			GENTLE YOGA			

GENESIS HEALTH CLUBS

Class Descriptions

Ageless Agility - *Studio One*: A 45-minute moderate intensity workout that incorporates low-impact cardio, strength, flexibility, and joint range of motion. A variety of equipment will be used each week.

Aqua Classes - The following classes on the schedule are aqua classes: Hydro HIIT, Aqua Intensity, Fluid Moves, Power Waves, Fit Friday, and Total Body Tone. For more details on these classes pickup a class descriptions guide from the flyer board in front of the club.

Balance Training - *Mind Body*: Get stronger and improve your balance through exercises that maintain strong leg muscles and prevent falls. You will strengthen the ankle, knee and hip joints, and improve overall body awareness

Free Style Circuit - *Circuit Studio*: A high energy class alternating strength and cardio to maximize the most efficient workout. Focus on fun, technique, core, and improve your body's metabolism. Great for baby Boomers!

Gentle Yoga - *Mind Body*: This class focuses on the development of core strength, alignment, balance, postures, and breathing techniques that gradually build flexibility and strength. Emphasis is on building awareness of the breath and the body.

Chair Yoga - *Studio One:* A gentle and supportive approach to yoga using a chair with an emphasis on joint mobility and range of motion. Perfect for individuals with balance or mobility issues or those recovering from an injury or surgery.

Tai Chi - Studio One: A moving meditation that can improve balance, posture, flexibility, strength, and endurance through a series of gentle stretching and movement, creating harmony between the body and mind.

Renew Yoga & Meditation - *Mind Body*: Accessible to all levels, including beginners, this class is a combination of gentle & dynamic flow coupled with longer holds to help find alignment in our bodies and within ourselves.

Saturday Splash - *8-Lane Pool*: This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back.

Slow Flow Restorative Yoga - *Mind Body*: Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes.

Y.E.S. Circuit Training - *Circuit Studio*: This total body workout combines cardiovascular, strength, and endurance in one exercise session.

Senior Metabolic Strength - *Free Weight Room*: This class is designed to build muscular strength and improve bone density. Strength training can positively impact balance, coordination, and posture. Must register on app

Sit Strong - *Studio One*: A low intensity workout designed to improve strength, bone density, flexibility and overall health. Seated exercises are great for anyone with balance or mobility issues or those recovering from an injury or surgery.

Stay connected! Scan to follow us on Facebook for the latest schedules, events, and club updates.

BIRTHDAY CELEBRATION

Monday, November 2nd | In the Cafe'