



Central Square Community Center will hold both in-house and virtual classes. Register online: <https://tridistrict.ce.eleyo.com/> or in-person at Central Square Monday-Friday from 7:30am - 4:00pm

IN-PERSON CLASSES

<i>Classes and fees are subject to change</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Absolute Abs		6:30 pm					
Aqua Fitness (Senior)			*10:30 am		10:30 am	10:30 am	
Aqua Interval				6:00 pm			
Cardio Kickboxing			5:30 pm				
Friday Night Bootcamp						6:00 pm	
HIIT Bootcamp		5:30 pm					
Jazzercise		4:30 pm	4:30 pm				9:00 am
Kettlebell- TRX Fusion				6:30 pm			
Mat Pilates			6:30 pm				
R.I.P.P.E.D.®					5:30 pm		
Senior Circuit		6:15 am		6:15 am			
Silver & Fit Explore (Senior)			**9:30 am		**9:30 am		
Silver Sneakers Cardio Strength						*9:30 am	
Total Body			5:15 am	4:30 pm	5:15 am		
TRX Suspension Training		6:30 pm					
Tuesday Night Bootcamp			6:30 pm				
Yoga					6:30 pm		

* Free to Silver Sneakers® members **Free to Silver and Fit® members

VIRTUAL CLASSES

Instructions for virtual classes will be provided on your registration receipt. You will need to register for a free ZOOM account.

<i>Classes and fees are subject to change</i>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Cardio	9:00 am	8:30 am		8:30 am 6:00 pm		5:30 pm	8:00 am
Yoga				5:00 pm	8:30 am		9:00 am
Senior Yoga		9:30 am		9:30 am			
Senior Strength Cardio					9:30 am		

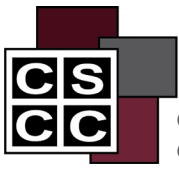
VIRTUAL CLASS FEES:

1 time per week - \$20 per month
2 times per week - \$30 per month
3 times per week - \$40 per month
Unlimited - \$55 per month

IN-PERSON CLASS FEES (PER 8 WEEK COURSE):

\$50 adults
\$20 seniors (65+)
\$8- 1 day drop-in adult
\$4- 1 day drop-in senior (65+)

Jazzercise \$59/month for unlimited sessions
SilverSneakers® and Silver and Fit® are both Medicare fitness programs. Visit silversneakers.com and silverandfit.com for more information and registration.



VIRTUAL CLASSES

Senior Strength Cardio - Senior focused, but all are welcome to join. Increase strength, body tone, and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

Senior Yoga - Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance and range of motion. Finish with mat work and finally, relaxation. (Floor exercises will be added to the last 10 minutes of class. If you are unable to get down on the floor, modifications will be available.)

Strength Cardio - Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

Yoga - Gain strength, stamina and balance with this mind soothing yoga class. Move through poses designed to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system and reduce stress.

IN-PERSON CLASSES

Absolute Abs - Health and strength start with the core. This class will help you build a more stable, powerful abdomen, and lower back with a wide variety of moves.

Aqua Fitness (Senior) - Senior focused, but all are welcome to join. A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance.

Aqua Interval - High energy, low impact water classes for all fitness levels.

Cardio Kickboxing - This interval-based class combines fun kickboxing moves with energetic music for a high calorie burn and full body-sculpting workout. We will use Turbo Kick choreography as well as other drills and combinations to take your fitness to the next level.

Friday Night Bootcamp - There is no better way to welcome the weekend than a sweat inducing workout! We will utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move!

HIIT Bootcamp - Are you ready for some HIIT Boot Camp?! Come join us for a fun filled class with a combination of High Intensity interval Training and Boot Camp moves and drills! This class will utilize a variety of equipment and will accommodate all fitness levels! Class may be outdoors on nice days.

Jazzercise - Low impact, high intensity workout combining cardio and strength.

Kettlebell - TRX® Fusion - Method of fitness that uses body weight to build strength, flexibility and balance.

Mat Pilates - This class uses body both weight and equipment to focus on strengthening and stabilizing the core, while improving flexibility and alignment. Modifications are offered to accommodate all fitness levels. Please bring your own mat for class.

R.I.P.P.E.D.® - The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet.

Senior Circuit - Senior circuit is a combination of strength and cardiovascular conditioning for active older adults.

Silver Sneakers® Cardio Strength - Senior focused, but all are welcome. This class is designed to focus on flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance.

Silver & Fit® Explore (Senior) - Senior focused, but all are welcome. Designed for older adults who are getting started or are returning to an exercise routine. This class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

Total Body - A high-energy, total body workout with a variety of new exercises and tools to keep your body moving, your heart rate going.

TRX® Suspension - This small group fitness class focuses on building on Foundational Movements (Plank, Pull, Hinge, Rotate, Push, Squat, and Lunge) using TRX Suspension Training Straps.

Tuesday Night Bootcamp - We will utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome; come join the fun!

Yoga - Join us for an hour long yoga routine that will include basic yoga poses, music and always the best part a Savasana/final relaxation.