GROUP FITNESS SCHEDULE - November 2026

MONDAY

- 6:45-7:30am Morning Burn– Angel
- 8:30-9:30am Cardio Mix- Noeline
- 9:45-10:30am Silver Sneakers Circuit-Noeline
- 10:45-11:30am Advanced Tai Chi-Lance
- 12:00-1:00pm Power Pulse Circuit Noeline
- 1:30-2:15pm Silver Sneakers Classic- Noeline
- 2:30-3:15pm Beginner Tai Chi-Lance
- 4:00-5:00pm Multi-level Yoga– Paula
- 5:00-6:00pm Power Pulse Circuit– Noeline

TUESDAY

- 6:45-7:30am Stretch Express (mat)— Erika
- 9:00-9:45am Chair Yoga– Heather
- 10:00-10:45am Cardio Mix– Heather
- 11:00-11:45am Sit and Be Fit– Erika
- 1:00-1:45pm Pilates– Angel

WEDNESDAY

- 6:45-7:30am Morning Burn– Erika
- 8:30-9:30am Cardio Mix- Noeline
- 9:45-10:30am Silver Sneakers Circuit-Noeline
- 10:45-11:30am Advanced Tai Chi-Lance
- 12:00-1:00pm Power Pulse Circuit Noeline ***no class 11/25***
- 1:30-2:15pm Silver Sneakers Classic- Noeline
- 2:30-3:15pm Beginner Tai Chi-Lance
- 4:00-5:00pm Multi-level Yoga– Paula
- 5:00-6:00pm Power Pulse Circuit– Noeline ***no class 11/25***

THURSDAY

- 6:45-7:30am Morning Burn:— Erika
- 8:30-9:15am Stretch Express– Erika
- 11:00-11:45pm Sit and Be Fit– Erika
- **Fitness and Gym-Tricia 11:30am-12:15pm Multi –Purpose studio**
- **12:30-1:15 Solid Gold**
- **1:30-2:00pm Tap into Fitness Vicky *classes will continue until 11/12***
- 3:00-4:00pm Multi-level Yoga-Heather
- 5:00-6:00pm Totally Pink Tiffany ***9/10-11/23*** Registered participants only

FRIDAY

- 6:45-7:30am Circuit Express– Erika
- 8:30-9:30am Cardio Mix- Noeline
- 9:45-10:30am Silver Sneakers Circuit-Noeline
- 10:45-11:30am Chair Yoga- Heather
- 12:00-1:00pm Pulse and Groove Noeline
- 1:30-2:15pm Silver Sneakers Classic- Noeline

Thanksgiving Hours:

***Closed on Thursday, November 26th: Thanksgiving Day**

***8am-12 noon on Friday, November 27th**

CARDIO | STRENGTH | MIND/BODY

CHESAPEAKE REGIONAL HEALTHCARE

11/13/2026 -11:44 AM