



**C.V. STARR
COMMUNITY
CENTER**

FITNESS CLASS SCHEDULE:

NOVEMBER 1—NOVEMBER 30, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM-7:00AM	6:00AM-7:00AM	6:00AM-7:00AM	6:00AM-7:00AM		
CIRCUIT TAI	CARDIO SPIN TAI	HIIT TAI	CARDIO SPIN TAI		
	7:45AM-8:45AM		7:45AM-8:45AM		
	WEIGHT BAR AIMEE		WEIGHT BAR AIMEE		
	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	9:00AM-10:00AM	
	SILVER SNEAKERS CLASSIC AIMEE	CIRCUIT AIMEE DEEP WATER KIM	SILVER SNEAKERS CLASSIC AIMEE	CIRCUIT AIMEE	
	10:15AM-11:15AM		10:15AM-11:15AM		
	TOTAL TONING NOEL		TOTAL TONING NOEL		
10:45AM-11:45AM	10:30AM-11:30AM	10:30AM-11:30AM	10:30AM-11:30AM	10:45AM-11:45AM	
\$ GENTLE YOGA DEB	DEEP WATER KATHY	BETTER BODY BASE CAMP CAROLYN	DEEP WATER KATHY	\$ GENTLE YOGA DEB	
12:00PM-1:00PM	11:30AM-12:15PM	11:30AM-12:15PM	11:30AM-12:15PM	12:00PM-1:00PM	12:00PM-1:00PM
SILVER SNEAKERS CLASSIC DEB	WATER EXERCISE FOR ARTHRITIS KATHY	SILVER SNEAKERS SPLASH KATHY	WATER EXERCISE FOR ARTHRITIS KATHY	SILVER SNEAKERS CLASSIC DEB	WORLD DANCE NOEL
	12:00PM-1:00PM		12:00PM-1:00PM		
	WORLD DANCE NOEL		WORLD DANCE NOEL		
1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM	1:30PM-2:30PM		
WORLD DANCE NOEL	SILVER SNEAKERS CLASSIC NOEL	WORLD DANCE NOEL	SILVER SNEAKERS CLASSIC NOEL		
	2:45PM-4:00PM	2:45PM-5:15PM			
	\$ YOGA BASICS DEBORAH	AEROBICS ROOM AVAILABLE		CLASSES MARKED WITH A \$ ARE SUBJECT TO SEPARATE FEES. ALL CLASSES REQUIRE EITHER A MEMBERSHIP OR DROP-IN PASS IN ORDER TO ATTEND.	
5:30PM-6:30PM	5:30PM-6:30PM	5:30PM-6:30PM	5:30PM-6:30PM		
WORLD DANCE NOEL	CIRCUIT PAT	WORLD DANCE NOEL	CIRCUIT PAT		
** CARDIO SPIN JESIEKA		** CARDIO SPIN JESIEKA		CLASSES MARKED WITH A ** REQUIRE PARTICIPANTS TO SIGN UP AT LEAST 12HRS AHEAD OF TIME. CONTACT JESIEKA AT (707)357-1070	
				CLASSES ARE SUBJECT TO CHANGE.	

FITNESS CLASS DESCRIPTIONS

Silver Sneakers Classic—Variety of exercises to increase muscular strength, range of movement and daily living activities. Hand-held weights, elastic tubing with handles and a SS ball offered for resistance. Chair available for needed support.

Body Base Camp— One hour series focused on supporting and developing fundamental movement patterns. Every class will coach abdominal exercises as the core of all human movement. Each class will have a different focus, building on the stretches, exercises and body awareness from the last.

Weight Bar — Strengthen all your major muscles in an inspiring, motivating group environment with this barbell program. With simple athletic movements such as squats, lunges, presses, and curls, this class is appropriate for all ages and fitness levels.

Circuit — A workout that combines strength training and cardiovascular exercise by rotating through a series of different exercises, providing an efficient full-body workout that builds both strength and endurance.

HIIT — A high-intensity interval training (HIIT) class that consists of short, intense bursts of exercise followed by brief recovery periods.

Total Toning—Challenging, fun, full body toning experience using a chair, hand weights, body weight, and mat work. Improves muscular strength, endurance, balance, flexibility, and coordination while keeping to the beat of the music.

Total Body Sculpt—Fast-paced class; challenges, motivates and utilizes a variety of total body strengthening in addition to core strengthening exercises and light cardio. Load-bearing exercises that produce stronger, leaner, and more flexible muscles.

World Dance—A one hour aerobic dance fitness class utilizing music, rhythms, and dance styles from Africa, India, Latin America, and all over the world. All levels welcome. Just have fun and move your body!

Cardio Spin—Fun, fast-paced workout. High-energy music and an energizing 60-minute workout.

Gentle Yoga— Perfect class for beginning students and those with movement, joint or balance challenges. We will work on poses that heal and nurture good body mechanics, good breathing habits, stretching the muscles of the shoulders and hips, and better balance.

Yoga Basics — Yoga Basics is a 75-minute class for students of all levels. This class is gently active and strengthening, and includes deep stretch and relaxation techniques. Breath work is incorporated into both movement phrases and still poses a “feel good” class that will leave you refreshed and relaxed.

Silver Sneakers Splash — A fun, shallow-water exercise class that uses a variety of equipment to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

Water Exercise for Arthritis—A warm-water exercise program shown to reduce joint pain and improve overall health by increasing strength and flexibility. This class will improve your day-to-day life and is suitable for every fitness level.

Deep Water Aerobics—Low-impact, fast-paced, cardiovascular workout. Utilizes buoyancy and resistance equipment using interval training and HIIT format.