



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
<b>Absolute Abs</b>		6:30 pm					
<b>Aqua Fitness (Senior)</b>			*10:30 am		10:30 am	10:30 am	
<b>Aqua Interval</b>				6:00 pm			
<b>Cardio Kickboxing</b>			6:30 pm				
<b>Friday Night Bootcamp</b>						6:00 pm	
<b>Jazzercise</b>		4:30 pm	4:30 pm				9:00 am
<b>Kettlebell Strength</b>			6:30 pm				
<b>Kettlebell- TRX Fusion</b>				6:30 pm			
<b>Mat Pilates</b>			5:30 pm				
<b>R.I.P.P.E.D.®</b>					5:30 pm		
<b>Silver &amp; Fit Explore (Senior)</b>			**9:30 am		**9:30 am		
<b>Silver Sneakers Cardio Strength</b>						*9:30 am	
<b>Total Body</b>			5:15 am	4:30 pm	5:15 am		
<b>TRX Suspension Training</b>		6:30 pm					
<b>Yoga</b>					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
<b>Strength Cardio</b>	9:00 am	8:30 am		8:30 am 6:00 pm		5:30 pm	8:00 am
<b>Yoga</b>			8:30 am				9:00 am
<b>Senior Yoga</b>		9:30 am		9:30 am			
<b>Senior Strength Cardio</b>			9:30 am				
<b>Yoga</b>				5:00 pm			

**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.



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## VIRTUAL CLASSES

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**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.

**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.)

**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.

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## IN-PERSON CLASSES

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

**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.

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

**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.

**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.

**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.

**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!

**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.

**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.

**Mat Pilates** - This class uses both body 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.

**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.

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