

Maidu Community Center

1550 Maidu Drive

(916) 772-PLAY Option 4



Group Exercise Schedule • October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Fit Mix Fusion 9:00 - 9:45am Debbie	Never Too Late Aerobics 9:00 - 9:45am Gina	Chair Fit Mix Fusion 9:00 - 9:45am Debbie	Zumba Sentao 9:00 - 9:45am Debbie	Strong & Steady Circuit 9:00 - 9:45am NEW! Shelly
Tranquil Chair Yoga 10:00 - 10:45am Debbie	Chair Fit Mix 10:00 - 10:45am Gina	Tranquil Chair Yoga 10:00 - 10:45am Debbie	Tranquil Chair Yoga 10:00 - 10:45am Debbie	Functional Fitness 10:00-10:45am Shelly
YogaFit Mix 11:00 - 11:45am Debbie	Gentle Yoga 11:00 - 11:45am Gina	YogaFit Mix 11:00 - 11:45am Debbie	YogaFit Mix 11:00 - 11:45am Debbie	Chair Fit Mix 11:00 - 11:45am Shelly
Functional Fitness 12:00 - 12:45pm Shelly		Functional Fitness 12:00pm-12:45pm Shelly		
Chair Fit Mix 1:00 - 1:45pm Shelly		Chair Fit Mix 1:00 - 1:45pm Shelly		

FACILITY HOURS

Monday-Friday

8:00am - 5:00pm

Saturday/Sunday

Closed

Chair Fit Mix: Exercises are performed primarily seated, with optional standing movements using the chair for support. participants will work on strength, flexibility, balance, and cardiovascular health through a variety of gentle, effective movements using a variety of equipment.

Chair Fit Mix Fusion: A primarily seated, chair-based class with optional opportunities to stand using the chair for support. Participants will engage the legs, arms, and core through a variety of heart-healthy movements and exercises. Individual options are provided to accommodate different fitness levels and abilities. Equipment may include light weights, balls, gliders, resistance bands, and balance discs.

Tranquil Chair Yoga: A gentle, primarily seated class that combines mindful movement with meditative breath awareness. Class includes a warm up, seated sun salutations, and a variety of optional standing poses using the chair for support. Improve balance, flexibility, mobility, and core strength at your own pace, followed by a relaxing cooldown with mindful breathing. **GENTLE YOGA:** full body stretch on the mat with a combination of standing and lying postures.

Functional Fitness: This class puts the "FUN" in functional fitness! Enjoy a full-body workout featuring balance, mobility, strength, and core exercises designed to support and improve your every day activities.

Never Too Late Aerobics: A fun, Low impact aerobics class with easy-to-follow movements that improve cardiovascular health, strength, coordination, and balance. Come ready to move, and have fun!

Strong & Steady CIRCUIT: This Circuit style class includes low impact cardio, and strength exercises using various equipment, with options to suit all fitness levels.

Yogafit mix: Build strength, balance, and flexibility in this Slow Flow Yoga experience. Enhance your practice with the dynamic use of props including yoga straps, stretch bands, body bars, Pilates rings, gliders, stability balls, and