

Maidu Community Center

1550 Maidu Drive

(916) 772-PLAY Option 4



Group Exercise Schedule • July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SUNRISE YOGA & STRETCH 8:05-8:55AM Christine
CHAIR FIT MIX 9:00 - 9:45am Debbie	NEVER TOO LATE AEROBICS 9:00 - 9:45am Gina	CHAIR FIT MIX 9:00 - 9:45am Debbie	ZUMBA SENTAO 9:00 - 9:45am Debbie	NEVER TOO LATE AEROBICS 9:00 - 9:45am Christine
CHAIR YOGA 10:00 - 10:45am Debbie	CHAIR FIT MIX 10:00 - 10:45am Gina	CHAIR YOGA 10:00 - 10:45am Debbie	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		
New! 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: Improve stamina, muscle tone, flexibility, and, coordination. A non-impact workout for those with a physical condition that limits their participation in conventional forms of exercise. Closed toe/heel shoes are recommended.

Chair Yoga: yoga movements supported with chair and/or seated. **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! Classes will include a variety of balance, core, strength and low- impact mobility movements that will help you with your daily life activities. This is a full body workout using weights, balls, bands and various equipment.

Never Too Late Aerobics: Low impact dance aerobics. No experience necessary. Closed toe/heel shoes are recommended.

Sunrise Yoga and Stretch: Increase balance, flexibility, and relaxation with a combination of seated and standing yoga and QI Gong based movements. Closed toe/heel shoes are recommended.

Yogafit mix: Build strength, balance, and flexibility in this Slow Flow Yoga experience. Throughout class, you'll enhance your practice with the dynamic use of props—yoga straps, stretch bands, body bars, Pilates rings, gliders, stability balls, and light weights—bringing fresh variety and challenge to each movement. With a strong emphasis on the core, lower back, hips, glutes, and obliques, every session is designed to leave you feeling centered, powerful, and restored. Footwear: barefoot or yoga socks for optimal grounding and stability.

Zumba Sentao: Zumba Sentao (means sitting) combines strength and resistance training with innovative dance fitness moves, all centered around a chair. It is a high/ intensity workout to invigorating music that focuses on defining your muscles, improving overall cardio health and it has the added benefit of burning lots of calories in the process.