



# March 2026

## Highview Hills

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 a.m. – <b>Better Balance</b>	3 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Core Strong</b>	4	5 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Silver &amp; Fit</b>	6 10 a.m. – <b>Yoga</b>
9 10 a.m. – <b>Better Balance</b>	10 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Core Strong</b>	11	12 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Silver &amp; Fit</b>	13 10 a.m. – <b>Yoga</b>
16 10 a.m. – <b>Better Balance</b>	17 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Core Strong</b>	18	19 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Silver &amp; Fit</b>	20 10 a.m. – <b>Yoga</b>
23 10 a.m. – <b>Better Balance</b>	24 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Core Strong</b>	25	26 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Silver &amp; Fit</b>	27 10 a.m. – <b>Yoga</b>
30 10 a.m. – <b>Better Balance</b>	31 9:30 a.m. – <b>Strength</b> 10 a.m. – <b>Core Strong</b>			

## Class descriptions:

### **Better Balance**

Starts with 10 minutes of seated stretches/warm-up exercises specific to legs/lower body. Leads into 20 minutes of standing exercises: Single foot balance, mobility, flexibility, spatial awareness, and slight cardio engagement.

### **Strength**

A more self-guided and motivated class approach. Participants take turns going around the gym and using each of our HUR workout machines, which include leg press, chest press, leg extension/curl, dip/shrug, hip abduction/adduction, rhomboid, and abdominal curl. There are auxiliary exercises that are set up as well, such as: step-ups, resistance bands, and weighted bars. Our wellness specialist will offer help and advice as needed.

### **Core Strong**

Starts with 10 minutes of seated stretches/warm-up exercises specific to the core muscles. Leads into 20 minutes of seated core exercises. Most of this class is completed in the seated position.

### **Silver & Fit**

Starts with 10 minutes of seated stretching/warm-up exercises specific to the upper body. Leads into 20 minutes of dumbbell exercises, focused on the upper body. Exercises include shoulder press, bicep curls, triceps extensions, and rows. These exercises are mostly completed in a seated position.

### **Yoga**

Starts with 10 minutes of seated stretching/warm-up exercises, focusing on the whole body. The next 10 minutes are seated yoga poses and positions that focus on keeping a tight core and deep breathing. The last 10 minutes are spent in a standing position to work on more challenging positions.