



March 2026

Walker Place

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 a.m. – Base 2 p.m. – Senso Balance</p>	<p>3</p> <p>9:30 a.m. – Build 2 p.m. – Strength</p>	<p>4</p> <p>9:30 a.m. – Base</p>	<p>5</p> <p>9:30 a.m. – Burn</p>	<p>6</p> <p>9:30 a.m. – Base</p>
<p>9</p> <p>9:30 a.m. – Base 2 p.m. – Senso Balance</p>	<p>10</p> <p>9:30 a.m. – Build 2 p.m. – Strength</p>	<p>11</p> <p>9:30 a.m. – Base</p>	<p>12</p> <p>9:30 a.m. – Burn</p>	<p>13</p> <p>9:30 a.m. – Base</p>
<p>16</p> <p>9:30 a.m. – Base 2 p.m. – Senso Balance</p>	<p>17</p> <p>9:30 a.m. – Build 2 p.m. – Strength</p>	<p>18</p> <p>9:30 a.m. – Base</p>	<p>19</p> <p>9:30 a.m. – Burn</p>	<p>20</p> <p>9:30 a.m. – Base</p>
<p>23</p> <p>9:30 a.m. – Base 2 p.m. – Senso Balance</p>	<p>24</p> <p>9:30 a.m. – Build 2 p.m. – Strength</p>	<p>25</p> <p>9:30 a.m. – Base</p>	<p>26</p> <p>9:30 a.m. – Burn</p>	<p>27</p> <p>9:30 a.m. – Base</p>
<p>30</p> <p>9:30 a.m. – Base 2 p.m. – Senso Balance</p>	<p>31</p> <p>9:30 a.m. – Build 2 p.m. – Strength</p>			

Class descriptions:

Base:

Base will establish proper movements and a base level of conditioning to ensure you are able to find your starting point and progress at your own pace. This is a great class to start with if you are new to working out, needing a consistent schedule, or coming off an injury.

Build:

Build goes off Base and ramps up the intensity. Heavier weights. More new exercises. More fun. Build will help increase strength, mobility, balance, and overall quality of life. Each class is designed to help you steadily build your strength and confidence, regardless of your starting point.

Burn:

Burn is age-appropriate, high-tension cardio for older adults. This class uses cardio and weights to help burn calories. Prepare to move, jump, and challenge yourself to the next level.

Senso Balance:

Senso Balance helps improve your balance and coordination while fostering teamwork and sportsmanship. Through fun, engaging exercises, you'll not only build strength but also learn the value of supporting each other in a positive and motivating environment. Perfect for all skill levels—come balance your body and your mindset.

Strength:

Strength is an open gym circuit style class, done at your own pace. It will be supervised by Nick, but Nick will not be leading it. You will use your workout program for the HUR Machines and will do a set list of stretches at the end. For more information, please contact Nick.