

# SILVER SNEAKERS CLASSES

## MONDAY

9:00AM-9:45AM  
ZUMBA GOLD - Rachel H.

10:15AM-11:00AM  
YOGA -Shari

## WEDNESDAY

9:00AM-9:45AM  
ZUMBA GOLD - Rachel H.

10:15AM-11:00AM  
CLASSIC - Andrea

## TUESDAY

9:00AM-9:45AM  
CIRCUIT - Shari

10:15AM-11:00AM  
YOGA - Shari

## THURSDAY

9:00AM-9:45AM  
CLASSIC - Jessica

## FRIDAY

9:00AM-9:45AM  
ZUMBA GOLD - Rachel H.

10:15AM-11:15AM  
BOOM Muscle & Mind - Tim

- Members Only (Gemini Center, Silver Sneakers or Optum)
  - Sign Up sheet will be located at Front Desk at 8am
  - All classes will take place in Multipurpose Gym
- Masks will be required until the start of class and upon exiting.
- Participants will be asked to wipe down their equipment at the end of class.
  - No congregating at the end of class.
- Due to State & BOH guidelines, class size is 30 maximum participants.  
**NO EXCEPTIONS!**

If members are not in compliance with the rules put in place for everyone's safety, the Gemini Center can revoke classes at any time.