



Stonehill Wellness Center Summer Group Fitness Schedule 2026

June 1st-August 28th



Monday	Tuesday	Wednesday	Thursday	Friday
6:45am-7:45am Step Conditioning <i>Molly</i>	6:45am-7:15am Power Walking <i>Wendy</i> <i>*ending 8/3*</i>	6:45am-7:15am Circuits <i>Meredith</i>	6:45am-7:15am Cardio & Core <i>Wendy</i> <i>*ending 8/3*</i>	6:45am-7:45am Total Conditioning <i>Molly</i>
8:30am-9:15am Living Strong Plus <i>Stacy</i>	7:30am-8:00am 3, 2, 1 Conditioning <i>Meredith</i>	7:30am-8:00am Strong for Summer <i>Meredith</i>	7:30am-8:00am Pilates <i>Mallory</i>	9:30am-10:00am Chair Yoga <i>Mallory/Taylor</i>
9:30am-10:00am ABC <i>Taylor</i>	9:30am-10:00am Box & Burn *New Class* <i>Meredith</i>	8:30am-9:30am ZUMBA <i>Stacy</i>	9:30am-10:00am Living Strong <i>Meredith</i>	10:30am-11:30am Yin Yoga <i>Ann</i>
	10:30am-11:30am Yin Yoga <i>Ann</i>	9:30am-10:00am Muscle & Memory <i>Taylor</i>	*Wendy's classes will end beginning 8/3*	

Stonehill Communities Wellness Center Hours: Daily 5:00am-10:00pm

Class Cancellation: Yin Yoga 7/3; Living Strong Plus 7/6, 7/13, 8/24; Zumba 7/8, 7/15, 8/19; Chair Yoga 7/3; Step Conditioning 7/6

****All of Wendy's classes will end starting 8/3****

Contact Information: Phone: 563-690-9640

Email: wellness@stonehilldbq.com

All hours, classes and instructors are subject to change at the discretion of the Wellness Staff

Summer Group Fitness Class Descriptions 2026

LEVEL 1 Classes: Beginner Level

** These classes do not go on the floor & are held in the Fitness Studio**

ABC: Hone in on your skills as we work through seated and standing exercises to improve our abdominals, balance and coordination. It's as easy as ABC, or is it? Look at this class as a 1.5 skill level.

Box & Burn: Get ready for a fun combination of kickboxing and power walking, all with the option to stay seated or stand! High energy with a variety of moves, you'll feel the burn by the end.

Chair Yoga: Chair yoga is a gentle form of yoga that utilizes a chair to create modifications of general yoga poses. The chair will be used for seated, standing, and leaning exercises to work on muscle tone, breathing, flexibility and relaxation.

Living Strong: Participants will utilize a chair as they work on strength, cardio, core, balance and range of motion. Class design allows for seated or standing exercises as needed by members. This class is a great stepping stone for those new to fitness or those coming off of physical therapy.

Living Strong PLUS: Join us in the center for Living Strong PLUS; a total body workout with exercise performed seated and standing. Through strength training, cardio endurance exercises, balance work and more; you'll be living strong. Look at this class as a 1.5 skill level.

Muscle & Memory: Take your daily workout routine up a notch with purposeful, stimulating brain and memory exercises. Your muscles and memory won't know what's coming next!

LEVEL 2 Classes: Intermediate Level Classes

** Some of these classes incorporate exercises on the floor**

Cardio & Core: A fun H.I.I.T. inspired class with a blast to your core.

Circuits: Work your way through different stations and pieces of equipment to capture a well-rounded workout.

Power Walking: Pack some extra steps into your day. Low impact and stress relieving, it's just what you need to get your day started on the right (or left) foot!

Strong for Summer: Structured with intention, this class is designed to make a stronger you. Progress through full body movements with tempo changes, challenges and exercise burst. See how strong you are this summer!

Total Conditioning: This class will include strengthening, balance training, resistance bands, dumbbells, stretching, yoga poses and foam rolling. Be ready for anything!

Yin Yoga: With this practice of yoga, you are targeting the connective tissue rather than the muscular tissue. This class will go through standing and floor lying exercises to work your deep tissues, ligaments, joints, bones and deep fascia networks of the body. This class is held in the Fitness Studio.

LEVEL 3 Classes: Advanced Level Classes

** Level 3 Classes include jumping, running, and floor-based exercise. We encourage you to be comfortable with Level 2 classes before taking Level 3**

Pilates: Looking for the perfect mix of a low intensity workout that keeps the burn you desire? Look no further! Pilates will focus on slowly burning your core muscle while strengthening & lengthening your body through controlled movements.

Step Conditioning: Grab a step, some free weights and dive in! Class will shift between step, strength, and floor-based exercises in order to capture a full body workout.

ZUMBA: Fun Latin rhythms and easy to follow moves will tone, sculpt and melt away stress while leaving you feeling energized.

3, 2, 1 Conditioning: Each class will include power, strength and cardio exercises in order to enhance bone density, reduce risk of injury and improve daily mobility. Let's get to it in 3..2...1..

