SCC Group Exercise & Studio Schedule - November 2026 - Free for Annual Members/$10 Non-Members*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Cardio 9-9:45 AM Linda W. Main Gymnasium	**Senior Mat Yoga** 9-9:45 AM RuthAnn Studio A	**Senior Cardio** 9-9:45 AM Linda P. Main Gymnasium	**Senior Mat Yoga** 9-9:45 AM RuthAnn Studio A	**Senior Cardio** 9-9:45 AM Hamako Main Gymnasium		
Spin® 9-9:45 AM RuthAnn New Studio (FF)	**ZUMBA** 9-9:45 AM Jazz Auxillary Gym		**ZUMBA** 9-9:45 AM Jazz Auxillary Gym	**Spin®** 9-9:45 AM Jodi New Studio (FF)	**Power Yoga** 9-10 AM MR 3/Studio B| Laurie Program: $3/$5/SS-Free	
Sculpt 10-10:45 RuthAnn Studio A	**Chair Yoga** 9-9:45 AM Melissa Meeting Room 3	**Sculpt** 10-10:45 Michele Studio A	**Chair Yoga** 9-9:45 AM Melissa Meeting Room 3	**Sculpt** 10-10:45 Michele Studio A		**Water Workout** 10-10:45 AM Main Pool | Anita Program: $3/$5/SS-Free
Chair Yoga 10-10:45 AM Anita Meeting Room 3	**SS Classic** 10-10:45 AM RuthAnn Main Gym	**Chair Yoga** 10-10:45 AM Anita Meeting Room 3	**SS Classic** 10-10:45 AM RuthAnn Main Gym	**Chair Yoga** 10-10:45 AM Anita Meeting Room 3		
Water Aerobics 10-10:45 AM Linda W. Main Pool	**Water Aerobics** 10-10:45 AM Hamako Main Pool	**Water Aerobics** 10-10:45 AM Shelly Main Pool	**Water Aerobics** 10-10:45 AM Hamako Main Pool	**Water Aerobics** 10-10:45 AM Linda W. Main Pool		
Senior Splash 11-11:45 AM Linda W. Main Pool	**Dance Program** Jazz 11 AM-12 PM Tap 12-1 PM PM Laura Studio B Prog: $3/$5per hour/SS-Free	**Senior Splash** 11-11:45 AM Linda W. Main Pool	**Aqua Zumba** 11-11:45 AM Hamako Main Pool	**Senior Splash** 11-11:45 AM Linda W. Main Pool	**Line Dancing** 11:30 AM- 1:00 PM Shelley Studio A Program: $3/$5/SS-Free	***Classes** SCC Annual Members Free Monthly & Non-Members $10/Class or $70/10-Class Pass ***Programs** Each Individual Program Has Its Own Pricing
	Line Dancing 1-2:30 PM Shelley Studio A Program: $3/$5/SS-Free					

Evening Classes

Cardio Move & Groove 5:30-6:15 PM Tracy Studio A		**ZUMBA** 5:30-6:15 PM Mallory Studio A	**Sculpt** 5:30-6:15 PM Jen Studio A	Blue=during childcare hours
Spin® 6:00-6:45 PM Jodi New Studio (FF)	**Strength/Cardio Mash-Up** 6:00-6:45 PM Laurie Studio A			
	Pilates 7:00-7:45 PM Ellen W. Studio A			



Salem Community Center
1098 N. Ellsworth Avenue Salem, OH 44460

Parkinson's Program: Mondays and Wednesdays, Noon to 1:00 in Main Gym. PWR!Moves®, Boxing/Agility Circuits, and more. For info contact Leslie Ellis: ellis@salemcommunitycenter.com or 330-332-5885

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SCC Group Exercise

Strength and Cardio Classes:

Sculpt	Our advanced total-body sculpt class uses weights and core exercises to improve strength, stability and coordination while increasing endurance.
Strength/Cardio Mash-U	A high energy blast of strength moves, core, and cardio to push you to your fitness limits. Anything goes!
Cardio Move & Groove	This class will keep you moving to the beat, incorporating dance, kickboxing, and functional moves.
ZUMBA	Zumba combines Latin and International music with a fun and effective workout for participants of all ages.
Spin®	Heart pumping non-stop cycling workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps set to music sure to motivate and inspire!
Aqua Zumba®	An effective water-based workout that blends high-energy Zumba moves with low-impact aqua fitness. Invigorating!

Low Impact Mind/BodyPrograms/Classes:

Power Yoga	Build flexibility and strength. Flow briskly through poses and sync your breath to your movement with a holistic workout that brings a state of harmony and balance.
Senior Mat Yoga	This class is a wonderful beginner class with a focus on stretching. Yoga is a great way to maintain one's health and flexibilty through the merging of mind, body & breath.
Pilates	This is a low-impact class that builds core strength and enhances postue. Modifications and progressions will be offered, making this accessable to all fitness levels

SilverSneakers®, Silver & Fit®, Senior Classes

Water Aerobics	Get a great cardiovascular and muscular strengthening workout as you fight the water's resistance in every step you take from the shallow to the deep!
Senior Cardio	Get up and go with an aerobic class that is safe, heart-healthy and gentle on the joints. Faster paced and higher intensity than Silver Sneakers® Classic.
SilverSneakers® Class	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living.
Chair Yoga	Chair yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a varitey of seated and standing postures.
Senior Splash	A fun, shallow-water class designed to improve agility and flexibility while addressing cardiovascular strength and endurance conditioning. No swimming ability needed.

Programs

Line Dancing	Learn to Line Dance with all the great line dancing steps. As a bonus, you will receive a great cardiovascular work out with lots of fun!
Water Workout	Shallow water aerobics for cardiovascular and muscular fitness in the style of our Firestone Water Aerobics.

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Mallory
Studio A