

Rocky Hill Senior Center

ACCEPTS THE FOLLOWING Medicare supplemental insurances for fitness programs



Must Sign In With Instructor For Each Visit

Arthritis Foundation	Wednesday	10:00am
Barre	Saturday	10:00am
Boom Muscle	Tuesday	10:00am
Cardio Drum Ball	Monday/Wednesday	12:00pm
Cardio Kickboxing	Wednesday	9:00am
Cardio & Strength	Saturday	9:00am
Chair Aerobics	Tuesday	9:00am
Pilates	Wednesday	3:15pm
Senior Stretch	Wednesday	4:15pm
Senior Stretch	Thursday	10:00am
Senior Stretch	Saturday	11:00am
SilverSneakers® Yoga	Friday	10:00am
Stability	Thursday	9:00am



Must Scan In for Each Visit

All SilverSneakers® Classes (above)

Belly Busters	Friday	9:00am
Circuit Training	Mon/Wed/Fri	11:00am
Functional Fun Toning	Wednesday	9:00am
Gentle Yoga	Monday	4:15pm
Qigong Club	Wednesday	11:00am
Qigong Club	Friday	12:00pm
Strength and Toning	Mon/Wed/Fri	10:00am
Pickleball	Mon-Sat	Various Times
Fitness Center Membership	Mon-Sat	Various Times



Limited to 3 Classes Per Week Must Sign In with Instructor for Each Visit

Barre	Saturday	10:00am
Boom Muscle	Tuesday	10:00am
Cardio & Strength	Saturday	9:00am
Chair Aerobics	Tuesday	9:00am
Pilates	Wednesday	3:15pm
Senior Stretch	Wednesday	4:15pm
Senior Stretch	Thursday	10:00am
Senior Stretch	Saturday	11:00am
Stability	Thursday	9:00am

You must register in advance and provide an active membership number, please adhere to the individual policies above.

****Schedules subject to change**

For more information call (860)258-2786 or email Ltracey@rockyhillct.gov