

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
Boom Muscle	Thursday	9:00am & 11:00am
Cardio Drum Ball	Monday/Wednesday	12:00pm
Cardio Kickboxing	Wednesday	9:00am
Chair Aerobics	Tuesday	9:00am
Senior Stretch	Thursday	10:00am
Stability	Tuesday	10:00am



Must Scan In for Each Visit

All SilverSneakers® Classes		
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

Stability	Tuesday	10:00am
Chair Aerobics	Tuesday	9:00am
Senior Stretch	Thursday	10:00am
Boom Muscle	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