BOUNDLESS

Exercise Class Calendar

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 10:00 Muscle Toning 11:00 Gentle Yoga	2. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR)	3. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	4. 10:00 Cardio Drumming 11:00 Barre30/Mindful Meditation	5. 10:00 Muscle Toning
6.	7. **HAPPY LABOR DAY!**	8. 10:00 Muscle Toning 11:00 Gentle Yoga 2:00 Into to Tai Chi	9. 10:00 Balance & Agility 11:00 Line Dancing ~~11:00 Mindful Movement (HR)~~ 4:30 Mat Yoga	10. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	11. 10:00 Cardio Drumming ~~11:00 Barre30/Mindful Meditation~~	12. 10:00 Muscle Toning
13.	14. 10:00 Tai Chi 11:00 Barre	15. 10:00 Muscle Toning 11:00 Gentle Yoga	16. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:30 Mat Yoga	17. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	18. 10:00 Cardio Drumming 11:00 Barre30/Mindful Meditation	19. 10:00 Muscle Toning
20.	21. 10:00 Tai Chi 11:00 Barre 2:00 Mindful Movement (HC)	22. 10:00 Muscle Toning 11:00 Gentle Yoga	23. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:40 Mat Yoga	24. 10:00 Muscle Toning 11:00 Gentle Yoga 4:15 Total Body Workout	25. 10:00 Cardio Drumming 11:00 Barre30/Mindful Meditation	26. Gym closed for the Simsbury River Run!
27.	28. 10:00 Tai Chi 11:00 Barre	29. 10:00 Muscle Toning 11:00 Gentle Yoga	30. 10:00 Balance & Agility 11:00 Line Dancing 11:00 Mindful Movement (HR) 4:30 Mat Yoga			

Class sizes are limited. Advance sign up by phone is required. Please call **860-658-3750** to reserve your spot.

50 Sarah Lane | Simsbury, CT 06070 | ExploreMcLean.org | 860-658-3700

McLean

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Class Descriptions

Balance & Agility Class
Enhance balance and agility through specialized exercises and activities.

Barre
A ballet-inspired workout that targets smaller muscle groups through controlled movements. This class effectively tones and strengthens the entire body while improving posture and balance.

Cardio Drumming
Cardio Drumming is a fun and lively class using large exercise balls as drums. Under the guidance of the instructor, follow along to the music using upbeat choreography that will challenge both the body and the mind.

Gentle Yoga
Gentle Yoga is practiced primarily seated with some standing stretches and balancing poses. Its focus is on alignment, breath, and mindfully flowing postures. It's suitable for beginners, people with limited flexibility or mobility, and those looking for a restorative practice.

Line Dancing
Line Dancing combines fun, balance, coordination, and cardio in an upbeat class perfect for all skill levels.

Muscle Toning
Muscle Toning is a multi-level class focusing on whole body strength and conditioning. Improve your stamina, agility, and balance through a variety of resistance-based exercises using balls, bands, and weights.

Tai Chi
Tai Chi is a slow and flowing sequence of movement to improve balance and focus, followed by guided meditation. This class is performed in both seated and standing positions.

Total Body Workout
Total Body Workout is a complete session combining cardio, strength, and stretching to boost energy, build strength, and enhance flexibility.