



August 2017 ACTIVE AGING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Core & More Level 1 Lena 8:10-9:10am	Tai Chi 8:05-9:05am Chris	Yoga Stretch 6:50-7:50am Sheryl	Yoga 6:50-7:50am Barbara	
	Cycling Lite 9:00-9:45am Courtney	Aquacise* 9:20-10:05am	Tai Chi 8:05-9:05am Chris	Tai Chi 8:05-9:05am Chris
Functional Fitness Lisa 10:45-11:45am		Functional Fitness Lisa 10:45-11:45am	Cycling Lite 9:00-9:45am Janine	Aquacise* 9:20-10:05am
			Physio Yoga 9:15-10:15am Barbara	Functional Fitness George 10:45-11:45am
Yoga 12:00-1:00pm Barb		Yoga 12:00-1:00pm Barb		Saturday Intrinsic Yoga Barbara 8:15-9:15am

Class Descriptions

FUNCTIONAL FITNESS: A beginner level class for active older adults emphasizing improved muscular strength, endurance, balance, and joint mobility allowing daily functions to be performed with ease.

TAI CHI: Considered a moving meditation and powerful martial art, this slow, graceful exercise promotes good health and well-being. Great for beginning exercisers and seniors.

PHYSIO YOGA: Physio YOGA is a style of yoga that is educational and a great workout. You will be taught the science and benefits of each pose and you will leave feeling like you just had a massage from the inside out!

YOGA FUNDAMENTALS: This class offers the detailed knowledge of individual poses. It will help you build strength, flexibility and body awareness for all other physical engagements as well as the faster paced Flow Yoga classes.

CORE & MORE LEVELS1: Level 1 beginner class. Through the use of Dumbbells, Bands, Medicine Balls and Swiss Balls you will increase your core balance, muscular strength, muscular endurance, joint mobility and range of motion. Real functional movement patterns are executed in a fun and creative way!

CYCLING LITE: Cycling can be much easier on the joints than many other cardio options and is a great cardiovascular exercise that promotes heart health. Indoor Cycling allows you to train your muscles against various resistance levels without compromising joint stability which is especially important as we age. Another positive aspect of indoor cycling is that it eliminates any concerns with balance issues which many seniors notice a significant loss of as they age. Music selection and music volume are adjusted to accommodate our older adult members.

AQUA CHARGED: A high energy aerobic workout using the principles of land routines in the water. In-crease your cardio fitness, build strength, endurance and flexibility to an upbeat tempo.

AQUACISE: A low-impact, shallow water group program that develops strength and stretches muscles to help seniors and those members rehabilitating after injury to reach maximum mobility and agility.

PICKLEBALL: Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis and created as a paddle sport for all ages and skill levels. The rules are simple and the game is easy for beginners to learn. Bring a friend and try it!