


# OCTOBER FITNESS SCHEDULE 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30—9:30 AM	<b>AQUA AEROBICS</b> CINDY   POOL   \$3		<b>AQUA AEROBICS</b> CINDY   POOL   \$3		<b>AQUA AEROBICS</b> CINDY   POOL   \$3	
9—10 AM	<b>PILATES</b> PATTI   MBR	<b>ACTIVE ADULT FITNESS</b> CINDY   MBR	<b>PILATES</b> PATTI   MBR	<b>ACTIVE ADULT FITNESS</b> CINDY   MBR		
10—11 AM		<b>STRETCH &amp; STRENGTH</b> LOURDES   MBR			<b>ZUMBA</b> LOURDES   MBR	<b>BOOM MOVE</b> MERCEDES   MBR 10—10:30 AM
10:30—11 AM						<b>BOOM MUSCLE</b> MERCEDES   MBR 10:30—11 AM
10:15—10:45 AM	<b>TAI CHI (Basic)</b> FRANK   MBR 1			<b>FAMILY ROOM FITNESS</b> SANDRA   MBR 2		<b>BOOM MIND</b> MERCEDES   MBR 11 AM—12 PM
10:15-11:15 AM		<b>AQUA AEROBICS</b> CINDY   POOL   \$3	<b>ZUMBA</b> LOURDES   MPR	<b>AQUA AEROBICS</b> CINDY   POOL   \$3		
10:30—11:30 AM	<b>TAI CHI (Beginner)</b> FRANK   MBR 1			<b>TAI CHI (Advanced)</b> FRANK   MBR 1		
11:30 —12:30 PM			<b>STRETCH &amp; BREATHE YOGA</b> SANDY   MBR   \$5		<b>LOW IMPACT AEROBICS</b> KATHY   MBR   \$5	
11:45 AM—12:45 PM	<b>BOOT CAMP</b> KATHY   MBR			<b>BOOT CAMP</b> KATHY   MBR		
1—2:00 PM	<b>LOW IMPACT AEROBICS</b> KATHY   MBR					
3—3:45 PM				<b>BEGINNER'S LINE DANCING</b> SUE   MBR		
3:45—5:00 PM				<b>ADVANCED LINE DANCING</b> SUE   MBR		
7—8:00 PM		<b>CIRCUIT TRAINING*</b> KATHY   FITNESS CENTER				

MBR: MAGNOLIA BALLROOM

MPR: MULTIPURPOSE ROOM-

\* Last Tuesday of each month

Classes with \$\$ get paid directly to the instructors

# CLASS DESCRIPTIONS

**ACTIVE ADULT** This class will increase your cardio fitness, build core strength and improve balance and flexibility! It's a great way to have fun while improving your overall fitness level. The instructor will utilize a variety of music, choreography and exercise bands. There are modifications for all movements. This low impact class includes abdominal and back exercises, extending, stretching and motivational relaxation.

**AQUA FITNESS** A type of resistance training that focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

**BOOM MOVE** A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**BOOM MUSCLE** Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks" which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

**BOOM MIND** Strength, Confidence, Flexibility, Mind takes the best from Yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movement. The focus of this class is on core muscles, lower body strength and balance.

**BOOT CAMP** This class has a fun circuit-style class using body weight and non-traditional exercises to help lose weight and gain strength.

**CIRCUIT TRAINING** This is a personalized introduction to strength training. The instructor will familiarize you with all the machines and teach you proper adjustments and proper form when using machinery.

**FAMILY ROOM FITNESS** This 30 minute workout will benefit your full body. With the use of a chair, paper plates and towel, you will enjoy an energetic workout. This class is a great way to start getting back into shape.

**LINE DANCING** This is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines without physical contact with each other. It accompanies many popular music styles including country, pop, rock, disco and jazz. This is a great way to give the body a fun workout. Memorizing routines is essential and is therefore a great exercise for the brain as well as the body.

**LOW IMPACT AEROBICS** Combines movement and music to improve your cardiovascular and muscular strength with a standing, dynamic workout. Upper and lower body strength work, as well as balance and flexibility are incorporated. If needed, a chair is available during floor exercises and stretching.

**PILATES** A unique form of simple, precise and effective exercise. Pilates exercises strengthen the joints and muscles used in everyday actions like walking, sitting, twisting, bending, and lifting. With Pilates training the correct movements become automatic and you will sit, stand and move better.

**STRETCH AND BREATHE YOGA** This class will move your entire body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Stretch and breathe yoga is designed to relieve pain and enhance well being.

**STRETCH & STRENGTH** Beginners will be introduced to the basic principles of stretch and begin to strengthen the mind and body. More advanced participants will also find a great strengthening workout with instructor led modifications. Stretching is certainly involved, while creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures and light weight, each of which has specific physical benefits. If you can't go down to the floor is not a problem you could incorporate a chair to your best advantage.

**TAI CHI** Helps promote balance, flexibility, stamina and endurance. The health benefits range from lower blood pressure, memory enhancement, detoxification and joint health.

**ZUMBA** A fusion of hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program.



**EVERGREEN**  
LIFESTYLES MANAGEMENT