

Fitness at NewBridge on the Charles

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30 am - 12:00 pm Supervised Exercise		8:30 am - 12:00 pm Supervised Exercise		8:30 am - 12:00 pm Supervised Exercise
9:00 am Yoga (Advanced) *starts 9/13	9:00 am Bootcamp (Advanced) *starts 9/14	10:00 am Line Dancing *starts 9/22	10:00 am Advanced Exercise & Self Defense (Advanced) *starts 9/23	
1:00 - 3:00 pm Supervised Exercise	1:15 pm 360 Fitness (All Levels) *starts 9/14	1:00 - 3:00 pm Supervised Exercise	1:00 pm Tai Chi (zoom) *starts 9/23	1:00 - 3:00 pm Supervised Exercise
		1:15-1:45 pm Better Balance *starts 9/15	2:00 pm Tai Chi for Beginners (zoom) *starts 9/23	1:15-1:45 pm Better Balance *starts 9/17

**Please check the weekly calendar for most up to date information.
Please call Fitness Director Christina Rice with any questions.**

Fitness Class Descriptions

Supervised Exercise: Personalized exercise programs including cardio-vascular exercise, strength training, balance and flexibility. Call Christina to set up your consultation appointment ext. 49312.

Yoga Stretch: This yoga class will involve standing and seated postures. The focus will be on stretching and strengthening the whole body, with breathwork and meditation. There will be dedicated time in each class devoted to working on balance. This class is open to anyone, and modifications will be provided based on ability and need. We will start the class standing and move to the ground for seated postures and the closing meditation (savasana).

Bootcamp: This class is an all-in-one exercise session that combines aerobic, flexibility, strength and balance exercises designed to give you a full body workout. We will utilize a variety of exercise equipment. Designed for advanced participants!

360 Fitness: A moderate exercise class where we try to encompass exercising your entire body. We do a bit of: Strength, Balance, Flexibility, Endurance, and even a bit of coordination.

Line Dancing: Come join the line dance class for some great exercise! Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body and spirit. Join our beginner-friendly line dance class.

Better Balance: A 30 minute exercise class focused on balance and coordination that is welcome to all! Start reaching for your better balance goals today!

Advanced Exercise & Self Defense: This class will focus on the natural art of defending yourself. No physical contact will be made. Each student will learn to defend themselves against certain attacks. The attacks include: a chokehold, a bare hug, a wrist grab and an arm grab.

Tai Chi: This is an ancient Chinese exercise consisting of a series of slow graceful movements focusing on posture and balance. These exercises will improve health, circulation and well being.

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