

MAY FITNESS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR
8:30AM - 9:30AM	AQUA AEROBICS \$3	CINDY
9AM - 10AM	PILATES	PATTI
10:30AM - 11:30AM	TAI CHI	FRANK (RESIDENT)
11:45AM - 12:45PM	BOOT CAMP	KATHY (YMCA)
1PM - 2PM	LOW IMPACT AEROBICS	KATHY (YMCA)

TUESDAY

TIME	CLASS	INSTRUCTOR
9AM - 10AM	ACTIVE ADULT FITNESS	CINDY (YMCA)
10AM - 11AM	STRETCH & STRENGTH	LOURDES
10:15AM - 11:15AM	AQUA AEROBICS \$3	CINDY

WEDNESDAY

TIME	CLASS	INSTRUCTOR
8:30AM - 9:30AM	AQUA AEROBICS \$3	CINDY
9AM - 10AM	PILATES	PATTI
10:15AM - 11:15AM	ZUMBA	LOURDES (YMCA)
11:30AM - 12:30PM	STRETCH & BREATHE YOGA	SANDY \$5

THURSDAY

TIME	CLASS	INSTRUCTOR
9AM - 10AM	ACTIVE ADULT FITNESS	CINDY (YMCA)
10:15AM - 10:45AM	FAMILY ROOM FITNESS	SANDRA
10:15AM - 11:15AM	AQUA AEROBICS \$3	CINDY
10:30AM - 11:30AM	TAI CHI	FRANK (RESIDENT)
11:45 AM - 12:45 PM	BOOT CAMP	KATHY (YMCA)
3PM - 3:45PM	BEGINNER'S LINE DANCING	SUE (RESIDENT)
3:45PM - 5PM	ADVANCED LINE DANCING	SUE (RESIDENT)

FRIDAY

TIME	CLASS	INSTRUCTOR
8:30AM - 9:30AM	AQUA AEROBICS \$3	CINDY
10AM - 11AM	ZUMBA	LOURDES
11:30AM - 12:30PM	LOW IMPACT AEROBICS	KATHY \$5

SATURDAY

TIME	CLASS	INSTRUCTOR
10AM - 10:30AM	BOOM MOVE	LOURDES
10:30AM - 11AM	BOOM MUSCLE	LOURDES
11AM - 12PM	BOOM MIND	LOURDES

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 AEROBICS

a type of resistance training that focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

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

Come and join Kathy for a personalized introduction to strength training. Kathy 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

Join Sue (Resident) who will teach you to 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 work out. 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 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 AND 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 with led modifications. Stretching is certainly involved, while creating balance in the body through developing both strength and flexibility.

TAI CHI

Join Frank (Resident) who will teach you 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.