

JANUARY FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9–10 AM	PILATES PATTI MBR	ACTIVE ADULT FITNESS CINDY MBR	PILATES PATTI MBR	ACTIVE ADULT FITNESS CINDY MBR		
10–11 AM		STRETCH & STRENGTH LOURDES MBR			ZUMBA LOURDES MBR	IMPROVING FITNESS LOURDES MBR
10:15–10:45 AM				FAMILY ROOM FITNESS FRANKIE MBR2		
10:15-11:15 AM			ZUMBA LOURDES MBR			
10:30–11:30 AM	TAI CHI FRANK MBR1			TAI CHI FRANK MBR1		
11AM–12PM						STRETCH & STRENGTH LOURDES MBR \$3
11:30 –12:30 PM		MEDITATION FRAN MBR	STRETCH & BREATHE YOGA SANDY MBR \$5		LOW IMPACT AEROBICS KATHY MBR \$5	
11:45 AM–12:45 PM	BOOT CAMP KATHY MBR			BOOT CAMP KATHY MBR		
1–2:00 PM	LOW IMPACT AEROBICS KATHY MBR					
3:30-4:30 PM				BEGINNER'S LINE DANCING SUE MBR		
4–5:00 PM				ADVANCED LINE DANCING SUE MBR		
6:15–7:15 PM						
7–8:00 PM		CIRCUIT TRAINING* KATHY FITNESS CENTER				

CRESSWIND™
AT VICTORIA GARDENS

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.

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.

IMPROVING FITNESS This is a low impact aerobics fit for those who have restrictions. We use a chair and 3 types of equipment: hand weights, elastic bands and balls. The last 15 minutes there is a long stretch of yoga and meditation.

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 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 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.

MEDITATION Meditation improves mental and physical health through the use of a variety of simple techniques that everyone can learn to promote the "relaxation response". Scientific evidence has shown that regular meditation reduces levels of stress hormones which can aid in relief of depression, pain, anxiety and insomnia. Regular meditation practice may also contribute to successful reduction of high blood pressure, cholesterol and blood sugar. No experience necessary.

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.