

# NOVEMBER FITNESS SCHEDULE 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM–9:30 AM						
9–10 AM	PILATES PATTI I MBR	ACTIVE ADULT FITNESS CINDY I MBR	PILATES PATTI I MBR	ACTIVE ADULT FITNESS CINDY I MBR	PILATES PATTI I MBR	
10–11 AM						STRETCH & STRENGTH MARY I MBR
10:15–10:45 AM	TAI CHI (Beginner) FRANK   MBR 1	STRETCH & STRENGTH MARY I MBR This is a 1 hour class		STRENGTH CORE & MORE FRANKIE   MBR 2		
10:15-11:15 AM			ZUMBA PATTI I MBR		ZUMBA STEP PATTI I MBR	
10:30–11:30 AM	TAI CHI (Basic) 10:45am FRANK   MBR 1			TAI CHI (Advanced) FRANK   MBR 1		
11:30 –12:30 PM		CARDIO LITE MARY I MBR	STRETCH & BREATHE YOGA VALERIE I MBR		LOW IMPACT AEROBICS KATHY I MBR	
11:45 AM–12:45 PM	BOOT CAMP KATHY I MBR			BOOT CAMP KATHY I MBR		
1–2:00 PM	LOW IMPACT AEROBICS KATHY I MBR					
3–3:45 PM				BEGINNER'S LINE DANCING SUE   MBR		
3:45–4:30 PM				ADVANCED LINE DANCING SUE   MBR		
6–7 PM		STRENGTH TRAINING CINDY   MBR				
7–8:00 PM		CIRCUIT TRAINING* KATHY I FITNESS CENTER				

# 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.

**CARDIO LITE** Walking is the safest activity for training and increasing your cardiovascular fitness. Mix walking intervals with some fun dance and good energetic music, moving at your own speed and increasing your enjoyment of exercises. A one-hour class of those who would like an hour of walking and dancing, made easy. No equipment needed, just good supportive and comfortable shoes.

**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.

**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.

**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.

**STRENGTH TRAINING** Burn and Build , burn calories and build muscle while getting stronger with weights.

**STRENGTH CORE AND MORE** A fun, energizing class that uses weights, bands and a chair for a full body workout. Exercises can be performed standing or seated to suit all fitness levels.

**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.

**Walk Away the Pounds** is a class based on easy steps to burn calories and help you maintain a healthy weight. Walking can strengthen your bones and muscles and improve your mood!

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

**ZUMBA STEP** We combine the awesome toning and strengthening power of step aerobics, with the fun fitness—party that only Zumba brings to the dance— floor. Zumba step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.