

Fitness Schedule - January

2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Center Closed	2 10:15 – Top to Bottom 11:00 – Tai Chi 5:15 - Yoga	3 10:00 – Silver Sneakers 4:15 – R.I.P.P.E.D	4	5
6 9:00 – Strong & Nimble 10:00 – Silver Sneakers 1:00 – Parkinson's Fitness II 2:00 – Parkinson's Fitness I 6:00 - Zumba – NEW!!!	7 8:00 – Barre Class 10:15 – Senior Strength & Fitness 11:00 – Tai Chi 1:00 – Dance for Parkinson's	8 7:00 – R.I.P.P.E.D 9:30 – Chair Yoga 10:15 – Top to Bottom 1:00 – Parkinson's Fitness II	9 8:00 – Strong & Nimble 10:15 – Top to Bottom 11:00 – Tai Chi 1:00 – Parkinson's Fitness 5:15 - Yoga	10 10:00 – Silver Sneakers 4:15 – R.I.P.P.E.D 6:00 - Zumba	11	12
13 9:00 – Strong & Nimble 10:00 – Silver Sneakers 1:00 – Parkinson's Fitness II 2:00 – Parkinson's Fitness I 6:00 - Zumba	14 8:00 – Barre Class 10:15 – Senior Strength & Fitness 11:00 – Tai Chi 1:00 – Dance for Parkinson's	15 7:00 – R.I.P.P.E.D 9:30 – Chair Yoga 10:15 – Top to Bottom 1:00 – Parkinson's Fitness II	16 8:00 – Strong & Nimble 10:15 – Top to Bottom 11:00 – Tai Chi 1:00 – Parkinson's Fitness 5:15 - Yoga	17 10:00 – Silver Sneakers 4:15 – R.I.P.P.E.D 6:00 - Zumba	18	19
20 9:00 – Strong & Nimble 10:00 – Silver Sneakers 1:00 – Parkinson's Fitness II 2:00 – Parkinson's Fitness I 6:00 - Zumba	21 8:00 – Barre Class 10:15 – Senior Strength & Fitness 11:00 – Tai Chi 1:00 Dance for Parkinson's	22 7:00 – R.I.P.P.E.D 9:30 – Chair Yoga 10:15 – Top to Bottom 1:00 – Parkinson's Fitness II	23 8:00 – Strong & Nimble 10:15 – Top to Bottom 11:00 – Tai Chi 1:00 – Parkinson's Fitness 5:15 - Yoga	24 10:00 – Silver Sneakers 4:15 – R.I.P.P.E.D 6:00 - Zumba	25	26
27 9:00 – Strong & Nimble 10:00 – Silver Sneakers 1:00 – Parkinson's Fitness II 2:00 – Parkinson's Fitness I 5:30 – Abs Class 6:00 - Zumba	28 8:00 – Barre Class 10:15 – Strong & Nimble 11:00 – Tai Chi 1:00 Dance for Parkinson's	29 7:00 – R.I.P.P.E.D 9:30 – Chair Yoga 10:15 – Top to Bottom 1:00 – Parkinson's Fitness II	30 8:00 – Strong & Nimble 10:15 – Top to Bottom 11:00 – Tai Chi 1:00 – Parkinson's Fitness 5:15 - Yoga	31 10:00 – Silver Sneakers 4:15 – R.I.P.P.E.D 6:00 - Zumba		

A walking program that activates both upper and lower body using poles for balance.

(Taught by Doreen)

Tai Chi--

Slow-moving form of martial arts; a moving meditation. Especially good for arthritis.

(Taught by Doreen)

Silver Sneakers--

Functional exercises for activities of daily living. Done in chair or standing.

(Taught by Doreen)

Chair Yoga--

Standing and seated asanas along with breath work and meditation.

(Taught by Doreen)

Belly Dancing--

Burn calories, limber up, and energize your body with this ageless art.

(Taught by Doreen)

Abs Class--

Pilates and traditional abdominal exercises to give you those awesome abs you always wanted.

(Taught by Doreen)

Barre Class --

A challenging class concentrating on using your glutes and lower body muscle by, using the Ballet-barre, self Pilates balls, and mat work.

(Taught by Debbie)

Strength & Nimble--

This class includes strength exercises using weights, body bars, and your own body weight ending with full body stretches. This class uses mats & floorwork.

(Taught by Debbie)

Top to Bottom--

Class starts with warm up exercises such as hand exercises, shoulder rolls, arm circles, waist bends, ankle turns, leg bends, kicking motions, and stretches. Chairs are included for exercises during this class.

(Taught by Lolly)

Low Impact -- "Coming soon"

Simple choreography that's easy to follow and lively music to get you in the zone. Perfect for beginners.

(Taught by Doreen)

R.I.P.P.E.D --

Resistance, Interval, Power, Plyometrics, Endurance and Don't forget the core! All fitness levels are welcome to this One Stop Body Shock. We will use hand weights or body weight, and a mat.

(Taught by Terri)

Zumba -- NEW!!

Zumba is a program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

(Taught by Natalia)