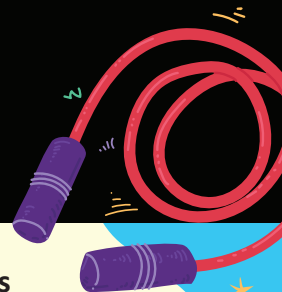


Look What's Coming to Acres Home MSC!

6719 W. Montgomery Rd. Houston 77091



FREE!

Acres Home MSC Fitness Classes and Class Descriptions

All fitness classes will be an hour in duration and designed to promote improved strength, endurance, flexibility, balance, and cardio conditioning for all age groups and fitness levels. Participants will be encouraged to attend classes a minimum of twice weekly for best results.

CLASS NAME	CATEGORY	DESCRIPTION	INSTRUCTOR
Cardio-Mix	Endurance, Strength, Cardio Conditioning	Cardio Fit is a mixture of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Classes are fun but also challenging. Set to fun, energizing and relatable music	Robert Myers Jo Ann Goodie
Kick Box- Cardio	Endurance, Strength, Cardio Conditioning	Kick Boxing - Combination of cardio kickboxing and aerobic moves which can be done in a seated or in a standing position or modified based on audience. Program is designed to increase cardio performance. Strengthen muscles.	Robert Myers
Circuit Training 101	Strength, toning	A full body strength, toning, & conditioning workout using light weights, exercise bands & a variety of classic weight exercises performed in a rotation.	Frank Kinney
Chair Yoga	Flexibility, balance, relaxation	A combination of exercises involving intense stretching, deep breathing. Classes are set to soft relaxing music to promote relaxation. Emphasizing lengthening & stretching of muscles.	Angela Ashford
Sit & Be Fit	Cardio/Strength	Exercises geared specifically to individuals with limited mobility. Classes combine seated aerobic moves for improved cardio conditioning and stamina with strengthening of large muscle groups using weights and/or resistance bands.	Angela Ashford
Zumba Gold	Endurance Cardio	Zumba Gold or Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills.	Jo Ann Goodie
Line Dancing	Cardio/Dance	Easy to learn group choreographed dance for all age groups & fitness levels with a wide range of music styles and choices	Kevin Bradley Deidre Ito Julia Berry



FREE!

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 4 pm – 5 pm Small-Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	2	3 10:30 am – 11:30 am Cardio Variety
4	5 CLOSED ON LABOR DAY	6 11:30 am – 12:30 am Chair Yoga	7 1 pm – 2 pm Lunch Time Line Dancing	8 4 pm – 5 pm Small-Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	9	10 10:30 am – 11:30 am Zumba Gold
11	12 1:30 pm – 2:30 pm Kickbox Cardio 4 pm – 5 pm Small Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	13 11:30 am – 12:30 am Chair Yoga	14 1 pm – 2 pm Lunch Time Line Dancing	15 4 pm – 5 pm Small-Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	16	17 10:30 am – 11:30 am Zumba Gold
18	19 1:30 pm – 2:30 pm Kickbox Cardio 4 pm – 5 pm Small Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	20 11:30 am – 12:30 am Chair Yoga	21 1 pm – 2 pm Lunch Time Line Dancing	22 4 pm – 5 pm Small-Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	23	24 10:30 am – 11:30 am Zumba Gold
25	26 1:30 pm – 2:30 pm Kickbox Cardio 4 pm – 5 pm Small Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	27 11:30 am – 12:30 am Chair Yoga	28 1 pm – 2 pm Lunch Time Line Dancing	29 4 pm – 5 pm Small-Group Circuit 5:30 pm – 6:30 pm Cardio Mix Aerobics	30	1 10:30 am – 11:30 am Cardio Variety

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