

# Fall Fitness Calendar \*

Effective 9/1/2021

\*Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30a Dan A <b>O2 Burn Gymnasium</b>	6:30a Jen E <b>Swiss Ball Blitz Track</b> <i>*Starting September 14th</i>	6:30a Dan A <b>O2 Burn Gymnasium</b>	6:30a Jen E <b>Swiss Ball Blitz Track</b> <i>*Starting September 16th</i>	
8:30a Dan A <b>Muscular Longevity Gymnasium &amp; ZOOM</b>	8:30a Robin K <b>Pilates ZOOM</b>	8:30a Dan A <b>Muscular Longevity Gymnasium &amp; ZOOM</b>	8:30a Robin K <b>Pilates ZOOM</b>	8:30a Dan A <b>Muscular Longevity Gymnasium &amp; ZOOM</b>
9:30a Dan A <b>Interval Cardio Track</b>	9:30a Peggy S <b>Kick It Up Cardio Studio</b>	9:30a Dan A / Robin K <b>Silver Sneakers Splash Pool</b>	9:30a Peggy S <b>Kick It Up Cardio Studio</b>	9:30a Dan A <b>Interval Cardio Track</b>
	9:30a Robin K <b>Silver &amp; Fit: Experience ZOOM</b>	10:30a Robin K <b>Silver Sneakers Yoga ZOOM</b>	10:30a Dan A / Robin K <b>Deep Water Pool</b>	9:30a Hannah H <b>Mobility Studio</b> <i>*Starting October 1st</i>
	10:30a Dan A / Robin K <b>Deep Water Pool</b>			
	1:00p Dan A <b>Core Essentials/Static Stretching Studio &amp; ZOOM</b>		1:00p Dan A <b>Core Essentials/Static Stretching Studio &amp; ZOOM</b>	
5:30p Hannah H <b>Fit, Fab, and Functional Studio</b>	5:30p Dan A <b>Core Essentials Studio &amp; ZOOM</b>	5:30p Hannah H <b>Fit, Fab, and Functional Studio</b>	5:30p Dan A <b>Core Essentials Studio &amp; ZOOM</b>	
	6:00p Dan A <b>Muscular Longevity Studio &amp; ZOOM</b>		6:00p Dan A <b>Muscular Longevity Studio &amp; ZOOM</b>	



(715) 972 8320

info@JLAAC.org

### **Core Essentials**

**25 Minutes**

This is a short but effective class that works on your core strength. Exercises from planks to mountain climbers to flutter kicks, we will do them all throughout the weeks! Get a strong core without using heavy weights.

### **Kick It Up Cardio**

**50 Minutes**

If you like aerobics, you will love this class! Fun, high energy moves with music you can groove to. Moves can be taken up or down for any ability. Working on cardio, core, and strength, we will kick it up to burn it off!!

### **Muscular Longevity**

**40 Minutes**

This 3-day a week routine is here to help you to endure prolonged activities. Age does not matter! Your muscles need to be worked to help live a healthier lifestyle and to continue to do the things you once thought were out of the question. Small weights, big results.

### **O2 Burn**

**30 Minutes**

This fitness class consists of strength-building exercises with cardio-centric and balance moves interspersed together. Switching back and forth between strength and stamina training builds muscle and melts away fat.

### **Pilates**

**50 Minutes**

Lengthen, strengthen, and tone the body, using core strength and combinations of stability and movement. Focus and concentration become an integral part of movement and body awareness. No previous experience needed.

### **Deep Water Fitness**

**45 Minutes**

A totally non-impact workout using flotation belts that free the arms and legs for a challenging workout. Style of class and exercises used may vary by instructor. Swimming experience is not necessary but may be helpful.

### **Silver Sneakers: SPLASH**

**35 Minutes**

Description: A fun, shallow-water exercise class that uses a signature splashboard to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The class includes both cardio exercise and resistance training. \*Water shoes have been found helpful\*

### **Fit, Fab, and Functional**

**45 Minutes**

Join Hannah in this functional fitness class! Learn how to work your abs, glutes, arms, and everything in between. All fitness levels welcome.

### **Swiss Ball Blitz**

**45 Minutes**

If you want to switch things up a bit from your typical, run-of-the-mill workouts, you might really enjoy a Swiss ball workout. Sculpt your body while strengthening your core. Move those muscles from head to toe for a full body workout while using a variety of weights for added intensity.

### **Silver & Fit: Experience**

**45 Minutes**

Provides older adult students with a fun, time-efficient, circuit-based workout that encompasses a well-rounded approach to fitness. The combination of balance, flexibility, strength, and low-impact cardio encourages an independent lifestyle so participants can continue to participate in activities. Chairs are used for standing and seated support. All fitness levels accommodated.

\*Open to All. A Silver Sneakers or Silver & Fit membership is not required\*

### **Static Stretching/Mobility**

**30 Minutes**

Static stretching means a stretch is held in a challenging but comfortable position for a length of time. Static stretching is the most common form of stretching and is considered safe and effective for improving overall flexibility. **Mobility** will include everything from static stretching and add foam rolling!

\*Core Essentials and Static Stretching classes are combined; Static stretching will start at 1:25PM.

### **Interval Cardio**

**30 Minutes**

Interval Cardio will incorporate an interval style of cardio. It will include lots of running/walking. There will be short rest periods and pushing yourself in running/walking along with cardio type body weight workouts.

### **Silver Sneakers: YOGA**

**45 Minutes**

This Yoga class is a therapeutic fusion of several yoga styles designed to increase flexibility, improve balance, and encourage mind-body integration. It is light-to-moderate intensity rhythmic and static range of motion along with progressive breathing exercise instruction. A Chair for standing and seated support--shoes are worn and there is no mat/floor work. No prior yoga experience required.

\*Check with the instructor minimum age for participation. Class maximums vary based on equipment and space.

## **ZOOM Classes**

Take some classes online!

Sign-up for our Zoom classes at the Welcome Desk.

Call, each month, to join a class's email list.

Class links sent out daily by 7:30 AM

**(715) 972 8320**

**info@JLAAC.org**