

# Fitness Calendar\*

R' 09/08/2020

Limited Class Space!

Call the Welcome Desk to Claim Your Spot!

\*Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
9:00a Dan A <b>Muscular Longevity</b> <b>Oak Room &amp; ZOOM</b> (40)	8:30a Robin K <b>Pilates</b> <b>ZOOM Only</b> (45)  9:30a Peggy S <b>Country Heat</b> <b>Oak Room &amp; ZOOM</b> (50)  9:30a Robin K <b>Silver &amp; Fit: Experience</b> <b>ZOOM Only</b> (45)  1:00p Dan A <b>Static Stretching</b> <b>Oak Room &amp; ZOOM</b> (30)  1:30p Dan A <b>Core Essentials</b> <b>Oak Room &amp; ZOOM</b> (30)	9:00a Dan A <b>Muscular Longevity</b> <b>Oak Room &amp; ZOOM</b> (40)	8:30a Robin K <b>Pilates</b> <b>ZOOM Only</b> (45)  9:30a Peggy S <b>Country Heat</b> <b>Oak Room &amp; ZOOM</b> (50)  9:30a Robin K <b>Silver &amp; Fit: Experience</b> <b>ZOOM Only</b> (45)  10:30a Peggy S <b>Get Fit</b> <b>Oak Room &amp; ZOOM</b> (50)  1:00p Dan A <b>Static Stretching</b> <b>Oak Room &amp; ZOOM</b> (30)  1:30p Dan A <b>Core Essentials</b> <b>Oak Room &amp; ZOOM</b> (30)	9:00a Dan A <b>Muscular Longevity</b> <b>Oak Room &amp; ZOOM</b> (40)

## Classes on ZOOM

Take some classes online!

Sign-up for our Zoom classes at the Welcome Desk

Sign-up for a week of classes at a time!

**Sign-up before 7:30 AM day of**

Class links sent out daily by 7:30 AM

**Personal Training Sessions are available.**

**Contact the Welcome Desk for details.**

## Walk-in Classes

### Aqua Strength & Balance 50 Minutes

CORE strengthening: a little bit of Yoga, Pilates, planking, Tai Chi, balance exercises & strength exercises. Enjoy a great environment - a warm pool & a fun class - all while strengthening your CORE! You do not need to know how to swim. \*Water shoes have been found helpful\*

### Core Essentials 30 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.

### Country Heat 50 Minutes

It's time to get in shape! Fun, high energy moves can be taken up or down based on each individual's ability. You will work on cardio, core and strength. We will turn it up and burn it off!!

### Deep Water Fitness 50 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.

### Golf Performance 30 Minutes

This class focuses on the core stability and promotes muscle strength, balance, flexibility, speed and explosiveness needed to create stability and mobility in the right places in your body for golf.

### Interval Cardio 30 Minutes

Interval Cardio will incorporate an interval style of cardio. It will include lots of running and sprinting. There will be short rest periods and hard running along with cardio type workouts.

### Muscular Longevity 40 Minutes

This 2-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.

### O<sub>2</sub> 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.

### Silver&Fit: Experience 45 Minutes

Focus on increasing strength, flexibility, and agility for moderately active older adults. Cardio segments are incorporated as well as warm-ups and cool downs. Resistance bands, weights, agility ladder, and balls are used. Exercises can be modified for chair, standing with support and free-standing.

### SilverSneakers: EnerChi 45 Minutes

A combination of easy-to-learn Tai Chi and Qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.

### SilverSneakers: SPLASH 45 Minutes

A fun, shallow-water exercise class that uses a signature splash-board 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\*

### Static Stretching 30 Minutes

Static stretching means a stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 30 to 60 seconds. Static stretching is the most common form of stretching and is considered safe and effective for improving overall flexibility. This class will lengthen and loosen those muscles and help get you through the rest of the day.

### Get Fit 50 Minutes

A total-body cardio, core and strength-training class. Each workout can be modified to accommodate a wide range of fitness levels and abilities.

### Yoga Basics 50 Minutes

Experience yoga poses that focus on alignment, safety and variation. Learn breathing, relaxation and meditation techniques. Yoga is for all ages, shapes and forms. We will use different variations and props to assist with your needs and strength. Generally, 40 minutes of yoga followed by 10 minutes of mediation and massage.

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## Pre-registration Required Classes

### Beer & Bellies 60 Minutes

Core class available for ages 13+. Core and Connect. Work on your core, then stay for a drink and socialize about health, wellness, or life! Advertised beverage available for ages 21+. Soft drinks also available. Beverage Fee.

### Fitness Center 101 90 Minutes

Ages of 13 - 17 years old  
Goal: Learn the base material to safely operate the cardio and strength training equipment. Learn weight room etiquette and proper lifting techniques. There will be a written quiz on the information learned during the class. Participants must earn at least 80% to successfully complete the course. Successful completion of the course gives participants a wristband to be worn whenever they are in the Fitness Center.  
Class Fee: \$0 / \$10

### Fitness Center 202 50 Minutes

Ages of 18 years+  
Goal: Learn the base skills to safely operate the cardio & strength training machines and free weight equipment. Learn weight room etiquette and proper lifting techniques. Be prepared for a lifetime of fitness.  
Class Fee: \$0 / \$10

### Pilates & ... 90 Minutes

Pilates class available for ages 13+. Lengthen, strengthen and tone the body in a 45-minute full body workout. Focus on core stability and proper activation of key muscles. Pilates followed by 45 minutes of social connection with scheduled beverage. Advertised beverage available for ages 21+. Soft drinks also available. Class & Beverage Fee.

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