

# Fitness Calendar\*



R' 10/06/2020

**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> In-person & ZOOM (40)	8:30a Robin K <b>Pilates</b> ZOOM Only (45)	9:00a Dan A <b>Muscular Longevity</b> In-person & ZOOM (40)	8:30a Robin K <b>Pilates</b> ZOOM Only (45)	9:00a Dan A <b>Muscular Longevity</b> In-person & ZOOM (40)
	9:30a Peggy S <b>Kick It Up Cardio</b> In-person & ZOOM (50)		9:30a Peggy S <b>Kick It Up Cardio</b> In-person & ZOOM (50)	
	9:30a Robin K <b>Silver &amp; Fit: Experience</b> ZOOM Only (45)		9:30a Robin K <b>Silver &amp; Fit: Experience</b> ZOOM Only (45)	
	1:00p Dan A <b>Static Stretching</b> In-person & ZOOM (30)		1:00p Dan A <b>Static Stretching</b> In-person & ZOOM (30)	
	1:30p Dan A <b>Core Essentials</b> In-person & ZOOM (30)		1:30p Dan A <b>Core Essentials</b> In-person & ZOOM (30)	

## 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

Contact the Welcome Desk for details.

**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.

**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 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.

**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.

**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.

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