

Fitness Calendar*

R' 11/29/2020

Limited Class Space!

Call (715) 972 8320 to Claim Your Spot!

*subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30a Dan A Muscular Longevity Gymnasium & ZOOM	8:30a Robin K Pilates ZOOM	8:30a Dan A Muscular Longevity Gymnasium & ZOOM	8:30a Robin K Pilates ZOOM	8:30a Dan A Muscular Longevity Gymnasium & ZOOM
9:30a Dan A Aqua Barre & Stability Pool	9:30a Peggy S Kick It Up Cardio Gymnasium & ZOOM	9:30a Dan A Aqua Barre & Stability Pool	9:30a Peggy S Kick It Up Cardio Gymnasium & ZOOM	9:30a Dan A Aqua Barre & Stability Pool
	9:30a Robin K Silver & Fit: Experience ZOOM		9:30a Robin K Silver & Fit: Experience ZOOM	
	1:00p Dan A Static Stretching Gymnasium & ZOOM		1:00p Dan A Static Stretching Gymnasium & ZOOM	
	1:30p Dan A Core Essentials Gymnasium & ZOOM		1:30p Dan A Core Essentials Gymnasium & ZOOM	
	4:45p Dan A Golf Performance Gymnasium & ZOOM		3:30p Dan A Roll Out Gymnasium & ZOOM	
	5:20p Dan A Core Essentials Gymnasium & ZOOM		4:45p Dan A Golf Performance Gymnasium & ZOOM	
			5:20p Dan A Core Essentials Gymnasium & ZOOM	

Personal Training
Contact the Welcome Desk for details.



(715) 972 8320

info@JLAAC.org

Aqua Barre & Stability

45 Minutes

Let's get in the water! This class uses ballet-inspired movements and gentle resistance to strengthen arms, legs and core in the water. Water training can help with core stability and increase that heart rate. This water class will certainly get you working!

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.

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.

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.

Roll Out

30 Minutes

Roll out is a Foam rolling class that will instruct you how to properly use a foam roller. Foam rollers can help break down the adhesion of the muscles, giving myofascial release which can reduce tissue tension and muscle tightness to increase joint range of motion.

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.

Open to All. A SilverSneakers or Silver&Fit membership is not required

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.

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

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