

Winter Fitness Calendar *

Effective 12/1/2021

*Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30a Dan A O2 Burn Gymnasium		6:30a Dan A O2 Burn Gymnasium		*No classes Christmas Eve or New Years Eve
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 Interval Cardio Track	9:30a Peggy S Kick It Up Cardio Studio	9:30a Dan A Silver Sneakers Splash Pool	9:30a Peggy S Kick It Up Cardio Studio	9:30a Dan A Interval Cardio Track
	9:30a Robin K Silver & Fit: Experience ZOOM			9:30a Hannah H Mobility Studio & ZOOM
	10:30a Dan A Deep Water Pool		10:30a Dan A Deep Water Pool	
	1:00p Dan A Core Essentials/Static Stretching Studio & ZOOM		1:00p Dan A Core Essentials/Static Stretching Studio & ZOOM	
	5:30p Dan A Bosu Balance Studio		5:30p Dan A Bosu Balance Studio	
	6:00p Dan A Muscular Longevity Studio & ZOOM		6:00p Dan A Muscular Longevity Studio & ZOOM	
(715) 972 8320				 <p>info@JLAAC.org</p>

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 today!

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

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.

Bosu Balance

25 Minutes

This new class will require equipment: a Bosu Ball. Bosu balls work on strength and stability with an uneven/unstable surface that works on your core strength. Exercises from planks to mountain climbers to squats and balance acts, different exercises every week!

*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