

DECEMBER

**NO CLASSES
DECEMBER 24 & 25**

2019

FITNESS CLASS SCHEDULE

HOLIDAYS' GREATEST HIITS

Monday	Tuesday	Wednesday	Thursday	Friday
S T U D I O				
8:00a Dan A Muscular Longevity ~		8:00a Cindy C Yoga ~		8:00a Dan A Muscular Longevity ~
9:00a Dan A Muscular Longevity ~	9:00a Peggy S Country Heat ~ <i>*No Class 12/3</i>	9:00a Robin K Silver & Fit: Experience ~	9:00a Peggy S Country Heat ~ <i>*No Class 12/5</i>	9:00a Cindy C Yoga ~ <i>*No Class 12/27</i>
	10:00a Robin K Pilates ~ <i>*No Class 12/31</i>	10:00a Robin K SilverSneakers: EnerChi ~	10:00a Robin K Pilates ~ <i>*No Class 12/26</i>	
11:30a Cindy C Yoga Basics ~ <i>*No Class 12/30</i>	11:45a Dan A Static Stretching ~	11:45a Dan A Static Stretching ~	11:45a Dan A Static Stretching ~	
	12:30p Robin K Silver & Fit: Experience ~			
	4:45p Dan A Golf Performance ~ <i>*No Class 12/31</i>		4:45p Dan A Golf Performance ~	
	5:30p Dan A Core Essentials ~ <i>*No Class 12/31</i>		5:30p Dan A Core Essentials ~ <i>*Beer & Bellies 12/19</i>	
	6:00p Dan A Muscular Longevity ~ <i>*No Class 12/31</i>		6:00p Dan A Muscular Longevity ~ <i>*Beer & Bellies 12/19</i>	
G Y M N A S I U M / T R A C K				
		6:00a Dan A O ₂ Burn ~		
10:00a Dan A Interval Cardio ~ <i>*No Class 12/16</i>				10:00a Dan A Interval Cardio ~
P O O L				
10:00a Member-Led Aqua Strength & Balance ~		10:00a Member-Led Aqua Strength & Balance ~		10:00a Member-Led Aqua Strength & Balance ~
	11:15a Robin K Deep WF ~ <i>*No Class 12/31</i>	11:00a Robin K SilverSneakers: Splash ~	11:15a Robin K Deep WF ~ <i>*No Class 12/26</i>	

Additional Fitness/Wellness Options

Fitness Center 101 ^:
Thursdays (Dec 5, 12, 19 & 26) @ 6:45 - 8:15 PM
Saturday, December 14 @ 10:30 - 12:00 PM

Fitness Center 202 ^:
Monday, December 9 @ 5:00 - 6:00 PM
Wednesdays (Dec 4, 11, 18) @ 8:00 - 9:00 AM
Wednesday, December 18 @ 5:00 - 6:00 PM
Saturday, December 14 @ 9:00 - 10:00 AM

Beer & Bellies ~:
Thursday, December 19 @ 5:30 PM
Sign-in day of class. Beverage fee applies for those who want a beverage. No Muscular Longevity class this day.

Substitute Group Fitness Classes ~

Country Heat ~:
Class held Monday, December 23 @ 10 AM instead of Tuesday, December 24 @ 9 AM

Silver & Fit: Experience ~:
Dan A will be teaching on Tuesday, December 31 @ 12:30 PM



Registration Key: ~ Sign in at the Welcome Desk the day of class. ^ Pre-Register online or at the Welcome Desk. Fees apply. Pre-Registration closes the day before at 12:00 PM.

Classes will be in the Oak Room or Banquet Room
The Fitness Studio will be closed **December 16 – 17 (reopen Dec 18)**
The Gym, walking track, and multipurpose room will be closed **December 16 – Dec 18 (reopen Dec 19)**

Personal Training Sessions are available. Pick up a PT Request form at the Welcome Desk.

Sign-in Classes (~)**Aqua Strength & Balance 50 Minutes**

Description: 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

Description: 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

Description: 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

Description: 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

Description: 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

Ages of 13 years+

Description: 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

Ages of 18 years+

Description: 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.

O₂ Burn 30 Minutes

Ages of 16 years+

Description: 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

Description: 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

Description: 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

Description: 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

Description: 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*

SilverSneakers: Stability 30-40 Minutes

Description: Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

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.

Yoga Basics 50 Minutes

Description: 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.

Yoga 50 Minutes

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Pre-registration Required Classes (^)**Beer & Bellies 60 Minutes**

Core class available for ages 13+.

Advertised beverage available for ages 21+. Soft drinks also available.

Description: Core and Connect. Work on your core, then stay for a drink and socialize about health, wellness, or life!

Beverage Fee: \$3 / \$5

Fitness Center 101 50 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.

Fee: \$6 / \$12

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.

Fee: \$5 / \$10

Pilates & ... 90 Minutes

Pilates class available for ages 13+.

Advertised beverage available for ages 21+. Soft drinks also available.

Description: 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.

Class & Beverage Fee: \$7 / \$10

Class maximums vary based on equipment and space.