

Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	
9:00 AM	Strength & Balance	Aqua Aerobics or Yoga	Stretch & Flex	Aqua Aerobics or Functional Movement	Cardio Mix	Aqua Aerobics or Yoga
10:00 AM	Tai Chi		Tai Chi	Gait & Balance	Tai Chi Intermediate	
10:30 AM						
6:00 PM			Yoga			

*** member pass or poa card -FREE, guest pass classes are \$5.

Walk

The walk meets promptly at 7:30 am. The walk normally takes about an hour and varies from day to day.

Aqua Aerobics

This class will work to loosen and strengthen those muscles. The instructor will begin the first 20 minutes of class focusing on cardio endurance, working not only the heart and lungs but all muscles of the body including the tummy, legs and facial muscles. Vocals will also be worked. Working out for an hour has never been so fun!

Yoga

Whether your feet have never touched a yoga mat, or you have a few downdogs under your belt, this class will inspire you. You will learn how to safely strengthen, stretch, balance and relax your mind and body, all while focusing on your breathing. It is more of a workout than you think! *Wednesday class is an intermediate level.

Strength & Balance

Exercises that call on balance and stability will be performed. These can include bicep curls while balancing on one foot or a single leg balance exercise while holding a dumbbell in the opposite hand. Core exercises that also require stability will be part of this class.

Stretch & Flex

Designed to be a relaxing and rejuvenating class while improving flexibility, releasing tight muscles and creating greater range of motion. This class will begin with a dynamic warm up to get the blood circulating and warm the muscles before heading into the stretch and flex phase.

Cardio Mix

A combination of of cardio and weight training exercises(you chose the weight) will be performed in sets of 3 with 1 minute rest in between. Exercises will include squats, lunges, jumping jacks, butt kicks, kettleball swings and core work.

Tai Chi

Tai Chi is an internal Chinese martial art that is practiced for both defense training and it's health benefits. This class will help improve your fitness level as well as your balance, circulation, muscular endurance and most importantly your quality of life. Weather depending, This class will take place at the Pavillion when weather permits.

Gait and Balance

When we move from our center we maximize our movement experience and bring balance to our bodies. Learn to center your posture and educate your gait through stretching and exercises designed to strengthen your awareness of your body in three

Functional Movement

is an effective, science based exercise method to feel younger, get stronger, and build a body you can rely on for life. It will help you learn how to safely and increase and improve your energy, strength ,balance and flexibility, so you can live with more functional ability, regardless of your starting point.