

EXERCISE SCHEDULE JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	MORNING STRETCH AND MOVE				MORNING STRETCH AND MOVE
9:15					
9:30					
9:45					
10:00	STRENGTH AND STRETCHING	BETTER BALANCE WITH TAI CHI	STRENGTH AND STRETCHING		FLUID FLEXIBILITY
10:15					
10:30	CORE AND MORE	AQUA FIT	CORE AND MORE	AQUA SCULPT	
10:45					
11:00	EASY FIT CHAIR EXERCISE		EASY FIT CHAIR EXERCISE	YOGA	BALANCE
11:15					
11:30			Zumba 2, 16	SUPERVISED WORKOUT	
11:45					
1:00					
1:15	FIT FUSION		FIT FUSION	DRUMS ALIVE	Wii
1:30					
1:45					
2:00	TAI CHI	SUPERVISED WORKOUT	SUPERVISED WORKOUT	ASSISTED SWIM	SUPERVISED WORKOUT
2:15					
2:30					
2:45					
3:00	10-MINUTE BALANCE		10-MINUTE BALANCE		10-MINUTE BALANCE
3:15					
3:30					
		FITNESS CENTER	GROUP EXERCISE ROOM	6TH FLOOR	POOL

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Class Descriptions

Morning Stretch and Move: This class is a forty-five minute low intensity exercise program that utilizes the entire body. Great for all different fitness levels

Drums Alive: an innovative and new class meant to get you moving through the technique of drumming. This class promotes physical activity and stimulates the mind through memorization of drumming patterns!

Better Balance with Tai Chi: Designed to help with balance but incorporates principles of Tai Chi class can be performed from the seated position.

Tai Chi: Tai Chi is a very relaxing, slow moving and invigorating exercise. Our Tai Chi group incorporates breathing techniques to leave you feeling calm and refreshed.

Strength & Stretching: A short 30 minute class to stretch your aching muscles and build muscle tone with the use of free weights. Good for beginners.

Core and More : A combination of core conditioning and functional fitness, this class will help you improve your functional capability and core strength at the same time.

Balance: Seated and standing class that focuses primarily on balance and coordination. This class works on everyday movements in a group exercise environment.

Chair Yoga: This style adapts yoga positions and poses through the creative use of a chair. The student is able to warm up the body safely and perform yoga poses with more support and stability.

Aqua Sculpt: Water is excellent for strength training because it resists all muscle movement. Using a variety of techniques and movement we will stretch and strengthen all muscles.

Aqua Fit: A low impact workout that will get your heart rate up and leave you energized. This class will help to improve your cardiovascular endurance.

Wii: The Wii is what video games should be: fun for everyone! Wii sport s offers several distinct sports experiences. To play a Wii Sports game, all you need to do is pick up a controller and get ready for the pitch, serve or golf swing.

Zumba Gold: Zumba Gold is a Latin dance class set to Latin rhythm that helps to promote cardiovascular fitness and bone health. The Zumba Gold class, however, is less intense, with dance routines designed for beginners using modified movements. If you love to dance and have fun this class is a must!

Supervised Workout If you need help with your exercise plan or just like to have someone to talk to while you're in the fitness center, Marianne is there for you. In addition to helping you with your already established routine, she is available for consultations, fitness evaluations, exercise planning, and encouragement.