

# February 2024

## Membership Aerobics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30-9:45am</b> <b>Cardio Fusion</b> <b>(Gym)</b> <b>Yvonne</b>	<b>8:30-9:45am</b> <b>Barre</b> <b>(Community Rm)</b> <b>Melanie</b>	<b>8:30-9:30am</b> <b>Workout Warriors</b> <b>(Gym)</b> <b>Cathy</b>		<b>8:30-9:45am</b> <b>Cardio Fusion</b> <b>(Gym)</b> <b>Yvonne</b>	<b>8:45-9:45am</b> <b>Zumba</b> <b>(Community Rm)</b> <b>Melanie</b>
	<b>9:00-9:45am</b> <b>Total Body Cond.</b> <b>(Studio A)</b> <b>Kelly</b>		<b>9:00-10:00am</b> <b>Zumba</b> <b>(Studio A)</b> <b>Yvonne</b>		<b>10:00-11:00am</b> <b>Decompress</b> <b>(Studio A)</b> <b>Yvonne</b>
<b>10:00-11:00am</b> <b>Forever Fit</b> <b>(Studio A)</b> <b>Lorraine</b>	<b>10:00-11:00am</b> <b>Zumba</b> <b>(Studio A)</b> <b>Cathy</b>	<b>10:00-11:00am</b> <b>Forever Fit</b> <b>(Studio A)</b> <b>Lorraine</b>	<b>10:15-11:00am</b> <b>Butts &amp; Guts</b> <b>(Studio A)</b> <b>Kelly</b>	<b>10:00-11:00am</b> <b>Zumba</b> <b>(Studio A)</b> <b>Lynn</b>	<b>Please note:</b>  FEB 3RD — ZUMBA- (SUB YVONNE)  FEB 19TH — NO CLASSES CLOSED FOR PRESIDENTS' DAY  FEB 29TH — BARRE- (SUB KELLY)
<b>11:15-12:00pm</b> <b>Basic Hatha Yoga</b> <b>(Community Rm)</b> <b>Lorraine</b>	<b>11:15-12:00am</b> <b>Slow Flow Yoga</b> <b>(Studio B)</b> <b>Cathy</b>	<b>11:15-12:00pm</b> <b>Basic Hatha Yoga</b> <b>(Studio B)</b> <b>Lorraine</b>	<b>11:15-12pm</b> <b>Barre</b> <b>(Studio A)</b> <b>Melanie</b>	<b>11:00-12:00pm</b> <b>Decompress</b> <b>(Studio B)</b> <b>Yvonne</b>	
	<b>11:15-12:15pm</b> <b>Silver Sneakers Classic</b> <b>(Community Rm)</b> <b>Melanie</b>	<b>11:15-12:15pm</b> <b>Silver Sneakers Chair Yoga</b> <b>(Community Rm)</b> <b>Melanie</b>		<b>11:15-12:15pm</b> <b>Silver Sneakers Classic</b> <b>(Community Rm)</b> <b>Melanie</b>	
<b>5:30-6:30pm</b> <b>Barre</b> <b>(Community Rm)</b> <b>Melanie</b>	<b>5:30-6:30pm</b> <b>Zumba</b> <b>(Community Rm)</b> <b>Kristy</b>	<b>5:30-6:30pm</b> <b>Zumba</b> <b>(Community Rm)</b> <b>Melanie</b>	<b>5:30-6:30pm</b> <b>Zumba</b> <b>(Community Rm)</b> <b>Kristy</b>		

*\*Basic classes included with membership or by purchasing a day pass to the facility.*

*\*Check in at the front desk for a class ticket, Tickets are available one hour prior to the class start time. Space is limited. Please arrive on time, No entrance to class once it begins.*

### **FOREVER FIT**

This class is more challenging than Silver Sneakers but not as intense as Hi/Low aerobics and is perfect for beginners, intermediate, and active older adults who want to get a safe yet effective cardio workout that also offers strengthening and stretching. Come get fit and have some fun!

### **CARDIO FUSION**

This class combines the benefits of a cardio workout, strength training and flexibility training into the perfect group fitness class. With a focus on strengthening your spirit, mind and body.

### **SILVER SNEAKERS CHAIR YOGA**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.

### **SILVER SNEAKERS CLASSIC**

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

### **ZUMBA**

Zumba and Zumba Gold can be modified to your individual fitness level. These classes are a fusion of Latin and international music/dance themes that create a dynamic, exciting and fun class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **CARDIO FIT**

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

### **BASIC HATHA YOGA**

Hatha Yoga combines stretching and strengthening while improving stability. Enjoy this gentle 45-minute class sure to bring balance of mind, body, and spirit.

### **DECOMPRESS**

Increase your flexibility, range of motion, stabilization, and posture with static and dynamic stretching which will decompress the spine and increase mobility, teaching (or re-teaching) the body to move the way it was designed. Also strengthen your core muscles with exercises developed to improve your posture and stability. This class is ideal for all bodies - either to compliment a workout routine or to help release the body from lack of movement (i.e. sitting at a desk all day).

### **TOTAL BODY CONDITIONING**

TBC is a full-body workout that is designed to increase strength, mobility, stability, endurance, cardiovascular fitness and sporting performance.

### **BUTTS & GUTS**

Butts & Guts' focuses specifically on developing a strong, powerful lower body and core using various types of training techniques, including resistance bands, weights, and body weight exercises.

### **WORKOUT WARRIORS**

Want to avoid the health problems and complications associated with muscle loss? Become a Workout Warrior to gain balance for preventing falls, strengthen bones, build muscle and improve your quality of life. Using a variety of workout equipment like free weights, resistance bands, stability balls as well as body weight, participants will work to improve strength and balance along with a relaxing cool down/stretch. This class is great for beginners as well as seasoned fitness enthusiasts.

### **SLOW FLOW YOGA**

Slow flow yoga is a combination of Vinyasa Flow and Hatha Yoga, with fewer transitions than Vinyasa Yoga and more flow than Hatha Yoga. Slow Flow provides more meditative and calming effects of a slow flow class, while continuing to reap the benefits of improved strength, balance, and flexibility.

### **BARRE**

It is a toning, strength class with small controlled movements, using light weights and body weight resistance. Also along with yoga, Pilates and ballet sculpting and core strengthening.