

## December 2022 Fitness Classes

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	<b>AeroFIT (GB)</b>	<b>SilverSneakers® Yoga (DR)</b>	<b>AeroFIT (GB)</b>	<b>SilverSneakers® Yoga (DR)</b>	<b>AeroFIT (GB)</b>
9:00 - 9:55	<b>Fitness Fusion (WS)</b>	*	<b>Fitness Fusion (WS)</b>	*	<b>Fitness Fusion (WS)</b>
10:00 - 10:55	<b>Body 360 (WS)</b>	<b>PEPPI (DR) Inter. Qigong (GA)</b>	<b>Body 360 (WS)</b>	<b>PEPPI (DR) Inter. Qigong (GA)</b>	<b>Body 360 (WS)</b>
11:00 - 11:55	<b>SilverSneakers® Classic (WS)</b>	<b>Inter. Tai Chi (WS)</b>	<b>SilverSneakers® Classic (WS)</b>	<b>Inter. Tai Chi (WS)</b>	<b>SilverSneakers® Classic (WS)</b>
12:00 - 12:55	<b>Hatha Yoga (WS)</b>	<b>Beginners Qigong/Tai Chi (WS)</b>	<b>Hatha Yoga (WS)</b>	<b>Beginners Qigong/Tai Chi (WS)</b>	*
1:00 - 1:55	<b>SilverSneakers® Cardio (WS)</b>	<b>Slow Flow Yoga (WS)</b>	<b>SilverSneakers® Cardio (WS)</b>	<b>Slow Flow Yoga (WS)</b>	<b>SilverSneakers® Cardio (WS)</b>
2:00 - 2:45	<b>Zumba® Gold (WS)</b>	<b>Pilates (WS) (2:00-2:30)</b>	<b>Zumba® Gold (WS)</b>	<b>Pilates (WS) (2:00-2:30)</b>	*
5:00 - 7:00 Evening Classes	<b>Total Body Workout (WS) 5:00-5:55</b>	<b>Yoga Balance (GB) 5:30-6:15</b> <b>Zumba® Gold Toning (WS) 5:30-6:15</b>	<b>Total Body Workout (WS) 5:00-5:55</b>	<b>Yoga Balance (GB) 5:30-6:15</b> <b>Zumba® Gold Toning (WS) 5:30-6:15</b>	*

**Class Location:** WS = Wellness Studio    DR = Dining Room  
GA = Game Room A    GB = Game Room B

**Registration is required for all classes.**

Want to try some fitness classes for free?

The last five business days of each month is FREE WEEK!

### **Personal Training**

Looking for personalized fitness instruction?  
Get a one-on-one workout scheduled with a certified  
trainer that will customize your workouts to meet your  
specific goals.

**Cost: \$120 for four 45-minute sessions.**

## Class Descriptions

<b>AeroFIT</b> - MWF: 8:00-8:55 AM, \$35/month, Instructor: Paula Steinmeyer, Game Room B <i>Aerobics for heart health, strength training for core, and stretching for flexibility/range of motion. Optional free weights in a standing only format.</i>	Good for most fitness levels.
<b>Beginner Qigong/Tai Chi</b> - T/TH: 12:00-12:55 PM, \$30/month, Instructor: Jason Salgado, Wellness Studio <i>Low impact workout to improve balance, boost your immune system, relieve stress, manage blood pressure, improve spatial awareness and work the mind!</i>	No experience needed.
<b>Body 360</b> - MWF: 10:00-10:55 AM, \$30/month, Instructor: Kathy Wade, Wellness Studio <i>Utilizes free weights and resistance bands to strengthen every muscle group. Includes cardio work, interval and circuit training, and floor mat exercises.</i>	Vigorous class; will get your heart rate up.
<b>Fitness Fusion</b> - MWF: 9:00-9:55 AM, \$30/month, Instructor: Maureen Neagle, Wellness Studio <i>Cardio for heart and lungs, resistance for toned muscles, stretching for flexibility and balance, fused into a "you can do this" format to invigorate the mind and body.</i>	Encompasses all elements needed for a healthier lifestyle.
<b>Hatha Yoga</b> - MW: 12:00-12:55 PM, \$30/month, Instructor: Aimee Lynn, Wellness Studio <i>We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses.</i>	Appropriate for all levels.
<b>Intermediate Qigong</b> - T/TH: 10:00-10:55 AM, \$30/month, Instructor: Jason Salgado, Game Room A <i>Ancient healing practice that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health.</i>	Not for beginners.
<b>Intermediate Tai Chi</b> - T/TH: 11:00-11:55 AM, \$30/month, Instructor: Jason Salgado, Wellness Studio <i>Slow moving, meditative practice that coordinates breath with movement. Can improve balance, strength, blood circulation, manage stress, and promote health.</i>	Meditation in motion; not for beginners
<b>PEPPI</b> - T/TH: 10:00-10:55 AM, \$20/month, Instructor: Bob Webb, Dining Room <i>Introduces you to basic exercises designed to restore mobility, strength, and balance. If you are just starting out, this is the class for you.</i>	Very popular class, great for beginners.
<b>Pilates</b> - T/TH: 2:00-2:30 PM, \$20/month, Instructor: Pam Porch, Wellness Studio <i>15 minutes on a mat on the floor and 15 minutes using the big Pilates ball to work the core muscles in different ways. Pairs well with Slow Flow Yoga.</i>	Strengthen your abs and back.
<b>SilverSneakers<sup>®</sup> Cardio</b> - MWF: 1:00-1:55 PM, \$25/month, Instructor: Candy Waggoner, Wellness Studio <i>Heart healthy aerobics using low-impact movements. This class focuses on building upper body and core strength with added cardio endurance.</i>	
<b>SilverSneakers<sup>®</sup> Classic</b> - MWF: 11:00-11:55 AM, \$25/month, Instructor: Candy Waggoner, Wellness Studio <i>Focuses on improving daily life activities. Using hand weights, elastic tubing, and a SilverSneakers ball. A chair can be used for seated exercising or standing support.</i>	
<b>SilverSneakers<sup>®</sup> Yoga</b> - T/TH: 8:00-8:55 AM, \$20/month, Instructor: Maureen Neagle, Dining Room <i>Participants complete seated and standing yoga postures. Suitable for all levels. Provides breathing exercises and relaxation without the strain on your joints.</i>	
<b>Slow Flow Yoga</b> - T/TH: 1:00-1:55 PM, \$30/month, Instructor: Aimee Lynn, Wellness Studio <i>This yoga class moves at a slower pace and is beginner friendly and relaxing. Improve your balance, flexibility, and mind-body connection with this entry level class.</i>	Appropriate for all levels.
<b>Total Body Workout</b> - M/W: 5:00-5:55 PM, \$35/month, Instructor: Stephna Masters, Wellness Studio <i>Geared to generate strength, balance and endurance in order to tone muscles. Class will never be the same, but you will leave feeling better than when you walked in the door.</i>	Can help you reach your fitness goals!
<b>Yoga Balance</b> - T/TH: 5:30-6:15 PM, \$30/month, Instructor: Joe March, Game Room B <i>Designed to improve balance and strength through various ranges of motion in a slow flow format. Modifications are provided based on different ability levels.</i>	Balance and Stability
<b>Zumba<sup>®</sup> Gold</b> - M/W 2:00-2:45PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio <i>Zumba Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. Fun, effective workout set to Latin music.</i>	
<b>Zumba<sup>®</sup> Gold Toning</b> - T/TH 5:30-6:15 PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio <i>Exciting Zumba style class but with a slower pace focusing on muscle conditioning. Features low to moderate intensity strength training using Zumba toning sticks.</i>	

NOTE: **Silver Sneakers** classes are free to Silver Sneakers members.

**Silver & Fit** members can take any Zumba class for free.

*All other members must pay to join these classes. Sign up at the front desk.*

### New to the Adult Wellness Center?

Learn about proper exercise etiquette and how to safely and effectively use the equipment in the fitness center. Free orientations are scheduled **daily at 2:00 PM** or by appointment. Please inform the front desk if you are attending.