

SEPTEMBER 2021 Fitness Classes

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	AeroFIT (WS)	SilverSneakers Yoga (DR)	AeroFIT (WS)	SilverSneakers Yoga (DR)	AeroFIT (WS)
9:00 - 9:55	Fitness Fusion (WS)	*	Fitness Fusion (WS)	*	Fitness Fusion (WS)
10:00 - 10:55	*	PEPPI (DR)	*	PEPPI (DR)	*
11:00 - 11:55	SilverSneakers Classic (WS)	*	SilverSneakers Classic (WS)	*	SilverSneakers Classic (WS)
12:00 - 12:55	*	Total Body Strength (WS) 12:15 - 12:45	*	Total Body Strength (WS) 12:15 - 12:45	*
1:00 - 1:55	SilverSneakers Cardio (WS)	Yoga Basics (WS)	SilverSneakers Cardio (WS)	Yoga Basics (WS)	SilverSneakers Cardio (WS)
5:30 - 6:15	*	YogaCore (GB) ----- Zumba Gold Toning (DR)	*	YogaCore (GB) ----- Zumba Gold Toning (DR)	*

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

Registration is required for all classes.

Additional classes will be added throughout 2021

Please let us know what classes you would like to see on the calendar.

FREE CLASSES

**Want to try some fitness classes for free?
The last 5 business days of each month is
FREE WEEK! Try it out to see if you like it!**

Cost Info: Silver Sneakers classes are free to Silver Sneakers members. Zumba classes are free to Silver & Fit members. Renew Active Members can take Silver Sneakers and Silver & Fit Classes for free. All other members must pay to join these classes. See reverse side for more information.

Class Descriptions

<p><u>AeroFIT</u> 8:00–8:55 AM: MWF \$35/month Instructor - Paula Steinmeyer Wellness Studio</p> <p>This class uses an aerobic section for heart health, strength training for stronger muscles and Core, and stretching for increased flexibility and range of motion. We use (optional) free weights in a standing-only format. This class is low impact and good for most fitness levels.</p>	<p><u>SilverSneakers Classic</u> MWF: 11:00-11:55 AM \$25/month Instructor - Candy Waggoner Wellness Studio</p> <p>Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, and a SilverSneakers ball. A chair can be used for seated exercises or standing support.</p>
<p><u>Fitness Fusion</u> MWF: 9:00-9:55 AM \$30/month Instructor - Maureen Neagle Wellness Studio</p> <p>Encompasses all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and stretching for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body.</p>	<p><u>SilverSneakers Yoga</u> T/TH: 8:00-8:55 AM \$20/month Instructor - Maureen Neagle Dining Room</p> <p>Participants complete seated and standing yoga postures. This class is suitable for beginners to advanced participants, and it provides breathing exercises and relaxation without the strain on your joints.</p>
<p><u>Total Body Strength</u> T/TH: 12:15-12:45 PM \$30/month Instructor - Jade Goodyear Wellness Studio</p> <p>Want to build strength and muscular endurance in a time-efficient manner? Total Body Strength is for you! This class exclusively consists of functional total body strength training exercises with an emphasis on posture and core.</p>	<p><u>Yoga Basics</u> T/TH: 1:00-1:55 PM \$30/month Instructor - Jessica Angelica Wellness Studio</p> <p>Learn the basics of yoga with an introduction to breathwork and postures. This class moves at a slower pace and is beginner friendly. Improve your balance, flexibility, and mind-body connection with Yoga Basics.</p>
<p><u>PEPPI</u> T/TH: 10:00-10:55 AM \$20/month Instructor - Bob Webb Dining Room</p> <p>A very popular class that introduces you to basic exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start.</p>	<p><u>YogaCore</u> T/TH: 5:30-6:15 PM \$30/month Instructor - Jade Goodyear Game Room B</p> <p>A more challenging mix of yoga exercises and pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.</p>
<p><u>SilverSneakers Cardio</u> MWF: 1:00-1:55 PM \$25/month Instructor - Candy Waggoner Wellness Studio</p> <p>This class brings heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.</p>	<p><u>Zumba Gold Toning</u> T/TH: 5:30-6:15 PM \$25/month Instructor - Taeko Coslett Dining Room</p> <p>This class is an exciting but slower-paced Zumba class focusing on muscle conditioning. It features low to moderate intensity strength training using Zumba Toning Sticks.</p>