

JULY 2021 Fitness Classes

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	*	SilverSneakers Yoga (GB)	*	SilverSneakers Yoga (GB)	*
9:00 - 9:55	Fitness Fusion (WS)	*	Fitness Fusion (WS)	*	Fitness Fusion (WS)
10:00 - 10:55	*	PEPPI (GB)	*	PEPPI (GB)	*
11:00 - 11:55	SilverSneakers Classic (WS)	*	SilverSneakers Classic (WS)	*	SilverSneakers Classic (WS)
12:00 - 12:55	*	Lunchtime Lift (WS) 12:15 - 12:45	*	Lunchtime Lift (WS) 12:15 - 12:45	*
1:00 - 1:55	SilverSneakers Cardio (WS)	*	SilverSneakers Cardio (WS)	*	SilverSneakers Cardio (WS)
2:00 - 2:55	*	*	*	*	*
3:00 - 3:55	*	*	*	*	*
4:00 - 4:55	*	*	*	*	*
5:00 - 5:45	*	YogaCore (GB)	*	YogaCore (GB)	*
5:15 - 6:00	Zumba Gold (GA)	Zumba Gold Toning (WS)	Zumba Gold (GA)	Zumba Gold Toning (WS)	*

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

Registration is required for all classes starting in July.

Additional classes will be added throughout the summer.

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

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>Fitness Fusion</u> MWF: 9:00-9:55 AM \$30/month Instructor - Maureen Neagle Wellness Studio 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 Game Room B 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>Lunchtime Lift</u> T/TH: 12:15-12:45 PM \$30/month Instructor - Jade Goodyear Wellness Studio Want to build strength and muscular endurance in a time-efficient manner? Lunchtime Lift is for you! This class exclusively consists of functional total body strength training exercises with an emphasis on posture and core.</p>	<p><u>YogaCore</u> T/TH: 5:00-5:45 PM \$30/month Instructor - Jade Goodyear Game Room B 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>PEPPI</u> T/TH: 10:00-10:55 AM \$20/month Instructor - Bob Webb Game Room B A very popular class that introduces you to 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>Zumba Gold</u> MW: 5:15-6:00 PM \$25/month Instructor - Dawn Anderson Game Room A Zumba Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. This fun, effective workout is set to Latin dance music.</p>
<p><u>SilverSneakers Cardio</u> MWF: 1:00-1:55 PM \$25/month Instructor - Candy Waggoner Wellness Studio 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: 5:15-6:00 PM \$25/month Instructor - Cirilo Mendoza Wellness Studio This class is a slower-paced Zumba class focusing on muscle conditioning. It features low to moderate intensity strength training using Zumba Toning Sticks.</p>
<p><u>SilverSneakers Classic</u> MWF: 11:00-11:55 AM \$25/month Instructor - Candy Waggoner Wellness Studio 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>	