



# FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yogalates</b> 8:45-9:15am	<b>Open Swim</b> 8:00-9:00am	<b>Yoga Plus</b> 8:45-9:15am	<b>Open Swim</b> 8:00-9:00am	<b>Pilates</b> 8:45-9:15am
<b>Balance</b> 10:15-10:45am	<b>Take Care</b> <u>10:00-10:30am</u>	<b>Balance Plus</b> 10:15-10:45am	<b>Take Care</b> <u>10:00-10:30am</u>	<b>Best Balance</b> 10:15-10:45am
<b>Strength Circuit</b> 11:00-11:30am	<b>Pilates Plus</b> 11:00-11:30am	<b>Silver Strength</b> 11:00-11:30am	<b>Pilates Plus</b> 11:00-11:30am	<b>Silver Strength Plus</b> 11:00-11:30am
<b>Open Gym</b> 1:00-2:00pm	<b>Open Gym</b> 1:00-2:00pm	<b>Open Gym</b> 1:00-2:00pm	<b>Open Gym</b> 1:00-2:00pm	<b>Open Gym</b> 1:00- <u>1:30pm</u>
<b>Yoga</b> 1:30-2:00pm	<b>Mat Pilates</b> 1:30-2:00pm	<b>Tai Chi for balance</b> 1:30-2:00pm	<b>Bar, Balance, &amp; Ballet</b> 1:30-2:00pm	<b>Aerobics</b> 1:30-2:00pm
<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm
<b>Water Walking Aquatics Class</b> 2:30-3:00pm		<b>Makin' Waves Aquatics Class</b> 2:30-3:00pm		<b>Joint Moves Aquatics Class</b> 2:30-3:00pm
<b>Silver Dance</b> 3:30-4:00pm	<b>Moving to Music</b> 3:30-4:00pm	<b>Silver Dance</b> 3:30-4:00pm	<b>Moving to Music</b> 3:30-4:00pm	

\*All classes, besides pool classes, will be held in the aerobics studio

**Yellow = Level 1 classes      Blue = Level 2 classes      Pink = Level 3 classes**

\*\*See reverse side for class level descriptions.

**Yellow = Level 1 classes.** No experience? No worries! All are welcome! These introductory classes are designed with low impact for safety and ease; developing balance, movement, and strength. Level 1 classes are done seated for 30 minutes.

**Blue = Level 2 classes.** Seeing improvement, and want to push yourself? Level 2 offers moderate level classes designed with moderate intensity to improve balance, movement, and strength. Level 2 classes include 15 minutes of seated exercise and 15 minutes of standing exercises.

**Pink = Level 3 classes.** Up for the challenge? These classes are designed with moderate --> vigorous intensity and have participants standing for the majority of class time.

## **Class Descriptions**

•**Open Swim:** Pool is open with a lifeguard present. No buddy required.

•**Open Gym:** Open wellness center with a staff member present to help those who need assistance.

•**Take Care:** Class designed for Care Center residents.

## **For increased independence and reflexes:**

The following classes will help keep your risk of falling low, while also improving your balance. These classes will make it easier to be active during the day, get dressed, do housework or gardening, and overall be more independent.

• **Balance:** (Level 1) The entirety of the class is seated. Balance is designed to address aspects of balance such as foot and ankle range of motion, leg strength, upper body strength and posture.

• **Balance Plus:** (Level 2) The first 15 minutes of class is seated, participants will be standing for the last 15 minutes of class. This class is designed to address all aspects of balance.

• **Best Balance:** (Level 3) This 30-minute class requires residents to stand nearly the entire time. Challenging balance and strength exercises will be done to improve coordination and gait stability.

- **Silver Dance:** (Level 3) Participants must feel comfortable standing for the duration of this 30-minute class. Dance moves are choreographed to fun and upbeat music. In this class we laugh at our mistakes and allow our bodies to express joy through movement!

- **Moving to Music:** (Level 1) Choreographed dance moves are performed while seated for the entire 30-minute class. Music from some of your favorite decades is sure to lift your spirit! All are welcome, no experience required!

## **For pain relief and increased mobility:**

The following classes can help decrease pain caused by arthritis & make it easier to get dressed, get out of bed, be active during the day, and be independent.

- **Yoga:** (Level 2) This class incorporates 15 minutes of seated movements and 15 minutes of standing yoga movements to improve flexibility, balance, and strength.

- **Yoga Plus:** (Level 3) The entirety of this class will be taught while participants are standing. Yoga Plus will challenge you to stretch a bit further, hold positions a bit longer, and requires a bit more muscular strength.

- **Yogalates:** (Level 2) This class is a blend of moderate yoga and pilates, specifically to target deep breathing, strength, and balance. Participants will be seated for the first 15 minutes of class, standing for the last 15 minutes.

- **Pilates:** (Level 1) This class is taught entirely from a seated chair position. Pilates will strengthen the core muscles (back and belly).

- **Pilates Plus:** (Level 2) The first 15 minutes of Pilates Plus will be done while seated, the last 15 minutes will be done while standing. This class will strengthen core muscles and improve balance.

- **Tai Chi for Balance:** (Level 1) This class will be taught while seated for the whole class. Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing.

- **Mat Pilates:** (Level 3) This Pilates class is done on the ground using yoga mats. No chairs used in this class. Participants must be able to lower themselves to the ground and return to a standing position independently. Mat Pilates will strengthen core muscles and increase flexibility.

## For increased strength and reducing body fat:

The following classes aim to boost your metabolism and increase muscle mass and strength. These classes will make it easier to independently sit, stand, dress, groom, bathe, and walk up stairs.

- **Silver Strength:** (Level 1) This is an introductory strength and resistance training class. No experience, no worries! We will teach the basics of strength training while remaining seated. Light weights and resistance bands are used.
- **Silver Strength Plus:** (Level 2) This class involves 15 minutes of seated exercise and 15 minutes of standing. This class is a dynamic combination of strength development and cardiovascular conditioning. Weights used.
- **Strength Circuit:** (Level 3) This class utilizes a combination of seated and standing exercises. Participants will complete a specific set of exercises by rotating between exercise stations throughout the room. Circuits are moderate-to-vigorous intensity to build muscle strength and endurance.
- **Joint Moves Aquatic Class:** (Level 1) This class is geared for people living with Arthritis; however, it is open to anyone who wishes to attend. These exercises help improve joint range of motion, relieve stress or tension within joints.
- **Water Walking Aquatic Class:** (Level 2) Aquatic exercise takes the pressure off your bones, joints, and muscles. Water offers natural resistance which will help strengthen muscles when walking and improve balance on land.
- **Makin' Waves Aquatic Class:** (Level 3) This water aerobic class is a great workout! After a warm-up there are vigorous aerobic exercises paired with fast-paced music, followed by a cool down to help the body relax.
- **Bar, Balance, & Ballet:** (Level 3) This 30-minute standing class is designed to tone postural muscles, and build core strength so you can get through your day with a little more grace.
- **Aerobics Class:** (Level 3) Get up on your feet and move your body to the beat! This class combines cardiovascular training and toning exercises for a great total body workout. Residents will be standing, doing large dynamic movements for the entirety of this class.

