



FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 8:45-9:15am	Open Swim 8:00-9:00am	Yoga 8:45-9:15am	Open Swim 8:00-9:00am	Yoga 8:45-9:15am
	Aquatics Circuit Class 9:00-9:30am		Aquatics Circuit Class 9:00-9:30am	
Balance 10:15-10:45am	Take Care <u>10:00-10:30am</u>	Balance 10:15-10:45am	Take Care <u>10:00-10:30am</u>	Balance 10:15-10:45am
Strength Circuit 11:00-11:30am	Tai Chi 11:00-11:30am	Silver Strength 11:00-11:30am	Tai Chi 11:00-11:30am	Silver Strength 11:00-11:30am
Open Gym 12:30-1:30pm	Open Gym 12:30-1:30pm	Open Gym 12:30-1:30pm	Open Gym 12:30-1:30pm	Open Gym 12:30-1:30pm
Balance Bar Pilates 1:30-2:00pm	Yoga 1:30-2:00pm	Balance Bar Pilates 1:30-2:00pm	Yoga 1:30-2:00pm	Aerobics 1:30-2:00pm
Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm	Open Swim 2:00-3:00pm
Makin' Waves Aquatics Class 3:00-3:30pm		Joint Moves Aquatics Class 3:00-3:30pm		Water Walking Aquatics Class 3:00-3:30pm
Moving to Music 3:30-4:00pm	Silver Dance 3:30-4:00pm	Moving to Music 3:30-4:00pm	Silver Dance 3:30-4:00pm	

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

Level 2-3 classes Level 4-5 classes Level 6-7 classes

Class levels are based on Borg Rating of Perceived Exertion Scale

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

Current as of January 1, 2019

- **Aerobics:** Class combines cardiovascular training, large standing dynamic movements and toning exercises for a great total body workout.
- **Aquatics Circuit:** Participants will complete strength exercises in the pool to build muscle strength and endurance.
- **Balance:** class is designed to address aspects of balance such as foot and ankle range of motion, leg strength, upper body strength and posture to improve coordination and gait stability.
- **Balance, Bar, Pilates:** Participants start exercises at the “Balance Bar” working hips, glutes and core to strengthen the muscles. Class ends with Pilates exercises.
- **Joint Moves Aquatic:** Class is geared for people living with Arthritis; however, it is open to anyone who wishes to attend. Exercises are designed to improve joint range of motion, relieve stress or tension within joints.
- **Makin’ Waves:** This is a vigorous aquatics aerobic exercise class paired with fun upbeat music.
- **Moving to Music:** Choreographed dance moves are performed while seated to music from some of your favorite decades.
- **Open Gym:** Fitness professional is present to aid those who need assistance with exercises and equipment.
- **Open Swim:** Pool is open with a lifeguard present. No buddy required.
- **Silver Dance:** A standing dance class that is choreographed to fun upbeat music.
- **Silver Strength:** Resistance training class that uses light weights and resistance bands to develop strength.
- **Strength Circuit:** Utilizes a combination of seated and standing exercises. Circuits are moderate-to-vigorous intensity to build muscle strength and endurance.
- **Tai Chi:** Involves a series of movements performed in a slow, focused manner, accompanied by deep breathing.
- **Take Care:** Designed for Care Center residents with the focus of range of motion.
- **Water Walking:** This aquatic class uses water’s natural resistance while working on different walking patterns.
- **Yoga:** Participants move through different yoga poses while concentrating on breathing. Daily practice improves flexibility and strength.