

APRIL 2019 Active Older Adult Schedule



Monday

8:30-9:30 AM
Chair Yoga
Rm BCD

10:00-10:45 AM
Aqua Relief
Pool

10:30-11:15 AM
SilverSneakers Classic®
Grp Ex Rm 1

10:30-11:15 AM
Flex & Stretch
Grp Ex Rm 2

11:30-12:30 PM
EnhanceFitness®
Grp Ex Rm 1

Tuesday



8:00-8:45 AM
Flex & Stretch
Grp Ex Rm 2

11:30-12:15 PM
Sit to Be Fit
Grp Ex Rm 1

11:30-12:00 PM
Tai Chi
Grp Ex Rm 2

7:30-8:15 PM
Aqua Zumba®
Pool

Wednesday

8:00-8:50 AM
Aqua Variety
Pool

9:45-10:30 AM
Aqua Relief
Pool

10:30-11:15 AM
Flex & Stretch
Grp Ex Rm 1

11:30-12:30 PM
EnhanceFitness®
Grp Ex Rm 1

11:30-12:15 PM
Zumba Gold®
Grp Ex Rm 2

Thursday

8:00-8:50 AM
Aqua Variety
Pool

11:30-12:00PM
Tai Chi
Grp Ex Rm 2

10:30-11:15 AM
Balance and Stability
Grp Ex Rm 1

11:30-12:15 PM
SilverSneakers Cardio Circuit®
Grp Ex Rm 1

2:30-3:30 PM
Chair Yoga
Grp Ex Rm 1

7:30-8:15 PM
Aqua Zumba®
Pool

Friday



10:30-11:15 AM
SilverSneakers Classic®
Grp Ex Rm 1

10:30-11:15 AM
Flex & Stretch
Grp Ex Rm 2

11:30-12:30 PM
EnhanceFitness®
Grp Ex Rm 1

Saturday

8:00-8:45 AM
Aqua Zumba®
Pool

10:30-11:30 AM
Restorative Yoga
Rm BCD

1:00-1:45 PM
Aqua Zumba®
Pool

Class Descriptions

Aqua Fit – Moderate to high impact, moderate intensity class focusing on toning and cardiovascular conditioning. Suitable for all levels of fitness. (50 min)

AQUA RELIEF (B) – This is a recreational exercise program that is for participants with or without arthritis. If interested in this class, participants must sign a participant release form prior to the beginning of the program.

Aqua Variety – Incorporates weights, aerobics and stretching to directly improve all aspects of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular conditioning and body composition. Experience a variety of exercises and workouts in the water such as running, biking, weight lifting, aqualates, tai chi and aquabox, without wear and tear on the joints. Suitable for all fitness levels. (50 min)

Aqua Zumba® – An integration of the Zumba® formula and philosophy in traditional aqua fitness disciplines to create a challenging, safe and invigorating aqua workout. (60 min)

Balance and Stability – Designed to improve balance and stability while developing muscle awareness to aid in preventing slips and falls. (45 min)

Chair Yoga– Enhance range of motion, stretching and relaxation movements through basic yoga-like techniques using a chair. (60 min)

EnhanceFitness® – Exercises that focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant. (60 min)

Flex and Stretch– Geared for improving flexibility for all muscle groups through various stretching techniques. (45 min)

Restorative Yoga– Relax and calm your entire body, mind, and spirit. (60 min)

SilverSneakers Cardio Circuit® – Combine fun & fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work alternates with low-impact aerobics. A chair is used for standing support, stretching and relaxation exercises. (45 min)

SilverSneakers Classic® – Move to the music through exercises that increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available for seated or standing support. (45 min)

Sit to be Fit– Non-impact, chair-based work out that includes exercises to improve muscular strength, range of motion, balance and flexibility movements. Some standing exercises will be introduced. (45 min)

Tai Chi– Tai chi is a Chinese exercise that incorporates slow, repetitive low impact movements to achieve relaxation of both body and mind. (30 min)

Zumba Gold ® – A Latin-inspired dance workout with modified moves and pacing to suit the needs of the all active older adults and beginning group exercisers. (45 min)