

# Class Schedule

- For all classes, please be sure to bring a towel and bottle of water
- Class descriptions on reverse side
- Effective February 1, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Interval Training 8:00 - 9:00 am Kathy Small Classroom		Interval Training 8:00 - 9:00 am Kathy Large Classroom		Interval Training 8:00 - 9:00 am Kathy Small Classroom
Strength Training 8:30 - 9:15 am Debbie Large Classroom	Functional Training 8:30 - 9:15 am Debbie Large Classroom		Functional Training 8:30 - 9:15 am Debbie Large Classroom	Strength Training 8:30 - 9:15 am Debbie Large Classroom
Interval Training 9:15 - 10:15 am Kathy Small Classroom		Back in Time Chair 9:15 - 10:00 am Kathy Large Classroom		Interval Training 9:15 - 10:15 am Kathy Small Classroom
Step & Sculpt 9:45 - 10:30 am Debbie Large Classroom	Body & Soul 9:45 - 10:30 am Debbie Large Classroom	Tai Chi 10:00 - 10:45 am Bobbie Small Classroom	Body & Soul 9:45 - 10:30 am Debbie Large Classroom	Step & Sculpt 9:45 - 10:30 am Debbie Large Classroom
Tranquility 11:00 - 11:45 am Debbie Large Classroom	Fit After 50 11:00 - 11:45 am Debbie Large Classroom	Zumba Gold 11:00 - 11:45 am Bobbie Large Classroom	Fit After 50 11:00 - 11:45 am Debbie Large Classroom	Tranquility 11:00 - 11:45 am Debbie Large Classroom
Silver Sneakers Cardio Chair 12: 15 - 1:00 pm Debbie Large Classroom	Silver Sneakers Strength Chair 12: 15 - 1:00 pm Debbie Large Classroom		Silver Sneakers Cardio Chair 12: 15 - 1:00 pm Debbie Large Classroom	Silver Sneakers Strength Chair 12: 15 - 1:00 pm Debbie Large Classroom
Interval Training 4:30 - 5:30 pm Kathy Large Classroom	Interval Training 4:30 - 5:30 pm Kathy Large Classroom		Interval Training 4:30 - 5:30 pm Kathy Large Classroom	
Interval Training 5:30 - 6:30 pm Kathy Large Classroom	Interval Training 5:30 - 6:30 pm Kathy Large Classroom		Interval Training 5:30 - 6:30 pm Kathy Large Classroom	
Total Body 6:00 - 6:45 pm Diane Small Classroom				

# Class Descriptions

## **Back in Time**

Rock to your favorite 50s and 60s tunes as you focus on strengthening muscles and increasing range of movement for daily life activities. Mix it up by using hand-held weights, elastic tubing with handles, balls and other equipment. A chair is used for seated exercises or standing support.

## **Fit After 50**

A mix of strength and cardio exercises for ages 50+ to help keep you young! Participants must be able to get up and down from the floor without assistance.

## **Interval (Functional) Training**

A variety of exercises to improve muscular fitness and boost cardiovascular efficiency for your whole body. Combined with a strength-building workout that will boost your metabolism, this format incorporates total body conditioning into multiple “rounds” of exercises meant to challenge and excite you.

## **Silver Sneakers - Chair Strength or Cardio**

These classes focus on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles, balls and other equipment. Cardio classes get your heart pumping for cardiac health and boosting your metabolism. A chair is used for seated exercises or standing support.

## **Step & Sculpt**

A lively, balanced and effective workout that includes high-energy, low-impact floor or step aerobics, and core exercises to strengthen and tone your mid-section and improve coordination.

## **Strength Training**

No cardio here! A variety of exercises using all types of equipment to improve muscular fitness and toning exercises that increase joint range of motion and flexibility.

## **Tranquility**

Relax and rejuvenate as you stretch, breathe and center your mind. The movements and postures in this class will improve your flexibility, balance, stamina and strength, while relieving tension and stress.

## **Tai Chi**

An effective exercise class to improve health and wellbeing for all fitness levels that can be done standing or seated. The perfect exercise class for people with chronic diseases (like arthritis) and is excellent for relieving stress and helping to prevent falls.

## **Total Body**

A high-energy level of interval training.

## **Body & Soul**

Relax and rejuvenate as you stretch, breathe and center your mind. Your slow, fluid movements help improve flexibility, balance, strength, agility and stress. You'll concentrate on your obliques and posture muscles of the mid- and lower-back.

## **Zumba Gold**

Come ready to sweat and prepare to leave empowered and feeling strong. Easy-to-follow Zumba choreography focuses on balance, range of motion and coordination for all fitness levels. Take the “work” out of your workout.