



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>7:00; 8:00; 9:00</u> WATER AEROBICS	<u>7:00-7:45</u> WATER AEROBICS	<u>7:00; 8:00; 9:00</u> WATER AEROBICS	<u>7:00-7:45</u> WATER AEROBICS	<u>7:00; 8:00; 9:00</u> WATER AEROBICS
<u>9:00-9:55</u> LIGHT & LIVELY (Natasha)	<u>9:00-9:55</u> LIGHT & LIVELY (Jacqui)	<u>8:00-8:55</u> TAI CHI (Jeff)	<u>9:00-9:55</u> LIGHT & LIVELY (Natasha)	<u>8:00-8:55</u> TAI CHI (Jeff)
		<u>9:00-9:55</u> NIA/ KALUSION MULTIPURPOSE ROOM (Kaluwa)		<u>9:00-9:55</u> NIA/ KALUSION MULTIPURPOSE ROOM (Kaluwa)
<u>10:15-11:00</u> SilverSneakers® MUSCULAR STRENGTH (Stephanie)	<u>9:00-9:55</u> AQUA ZUMBA (Paula)		<u>9:00-9:55</u> AQUA ZUMBA (Paula)	<u>10:00-10:55</u> SilverSneakers® MUSCULAR STRENGTH (GH)
<u>10:30-11:25</u> HAPPY HINGES	<u>10:30-11:25</u> HAPPY HINGES	<u>10:30-11:25</u> HAPPY HINGES	<u>10:30-11:25</u> HAPPY HINGES	<u>10:30-11:25</u> HAPPY HINGES
<u>11:10-11:55</u> BALANCE AND STRENGTH (Maria)	<u>11:15-12:00</u> SilverSneakers® CARDIO CIRCUIT (Stephanie)	<u>11:10-11:55</u> BALANCE AND STRENGTH (Heather)	<u>11:15-12:00</u> SilverSneakers® CARDIO CIRCUIT (Stephanie)	
<u>12:30-1:15</u> YOGA-STRETCH (Maria)	<u>12:10-12:55</u> BALANCE AND STRENGTH (Maria)	<u>12:30-1:15</u> YOGA-STRETCH (Maria)	<u>12:10-12:55</u> BALANCE AND STRENGTH (Maria)	<u>11:10-11:55AM</u> BALANCE & STRENGTH (Maria)
<u>12:30-1:30</u> BONE DENSITY STRENGTH (Karen)	<u>11:10-12:15</u> RESTORATIVE YOGA (Gail)	<u>12:30-1:30</u> BONE DENSITY STRENGTH (Stephanie)	<u>11:10-12:15</u> RESTORATIVE YOGA (Gail)	<u>12:00-12:55</u> BONE DENSITY STRENGTH (Karen)
<u>1:30-2:30</u> Happy Hinges	<u>12:30-1:15</u> SilverSneakers® YOGA STRETCH (Karen)	<u>1:30-2:30</u> Happy Hinges	<u>12:30-1:15</u> SilverSneakers® YOGA STRETCH (Karen)	<u>12:30-1:15</u> YOGA STRETCH (Maria)
	<u>1:30-2:30</u> SilverSneakers® MUSCULAR STRENGTH (Myrna)		<u>1:30-2:30</u> SilverSneakers® MUSCULAR STRENGTH (Karen)	
<u>1:45-2:30</u> SilverSneakers® CARDIO CIRCUIT (Karen)		<u>1:45-2:30</u> SilverSneakers® CARDIO CIRCUIT (Natasha)		<u>1:30-2:30</u> HAPPY HINGES
	<u>2:30-3:00</u> SilverSneakers® FITNESS ORIENTATION WELLNESS CENTER		<u>2:30-3:00</u> SilverSneakers® FITNESS ORIENTATION WELLNESS CENTER	
<u>7:45-8:30</u> Water Aerobics	<u>7:30-8:30</u> AQUA ZUMBA (Paula)	<u>7:45-8:30</u> Water Aerobics	<u>7:30-8:30</u> AQUA ZUMBA (Paula)	

 = Studio 1
 = Pool

CLASS DESCRIPTIONS

FITNESS ORIENTATION

A friendly Wellness Staff Member will show you how to work 3 to 5 strength machines, and how to safely exit, enter, and utilize the cardio equipment of your choice. **Wear athletic shoes and comfortable clothes to work out in, bring a water bottle, and a towel.**

BONE DENSITY STRENGTH TRAINING

Increase your bone density with this awesome strength training class that incorporates slow motion exercises utilizing a variety of equipment including hand weights, body bar, and resist-a-ball.

HAPPY HINGES

This is an opportunity for individuals with bone, muscle, or joint problems to exercise through a water aerobics class that fits their needs. It is a specially designed, low-impact workout consisting of three categories: range of motion, strengthening, and conditioning exercises. The warm water and slow movements can also help relieve pain and stiffness.

LIGHT & LIVELY

Revitalize with this class! A combination of low impact aerobics, strength training, resist-a-ball, and a lot of fun make up this class.

OSTEO PILATES

The class is designed to incorporate safe Pilates exercises into your bone building program. Exercises are modified, incorporating sound physical therapy principles to build the bones of the most vulnerable areas of the hip and spinal vertebrae.

SILVERSNEAKERS® MUSCULAR STRENGTH

This class is designed to increase your muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS® CARDIO CIRCUIT

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is used for support, stretching, and relaxation exercises.

WATER AEROBICS

Low-impact workout allows you to exercise without adding pressure to your joints. You do not need to know how to swim to participate.

YOGA ON THE BALL

Yoga & exercise balls, light hand weights, and exercise bands for rapid gains in strength, flexibility, and deep muscle release. Meditation Focus. Beginners welcome.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOOKING GOOD

LOWIMPACTCLASSES



MAY 2012
STARTS APRIL 30th