

Active Adults Group Fitness

Class Schedule

1.2.17

Monday

*8:00 am AA Aerobics Anne
9:00 am Rusty Joints Maureen
*9:00am Senior Switch Debbie

Tuesday

9:00 am Rusty Joints Jo
*9:00 am Sculpt Lite Amy

Wednesday

*8:00 am AA Aerobics Anne
9:00 am Rusty Joints Jo

Thursday

9:00 am Rusty Joints Desi
*9:00 am Sculpt Lite Dani

Friday

*8:00 am AA Aerobics Anne
9:00 am Rusty Joints Dani
*9:00 am Silver Sneakers Anne

Class Descriptions

AA Aerobics- A combination class with cardio using low impact floor or step aerobics , strength training with a focus and style for active adults, and full body stretching.

Meditation- A 20 minute guided meditation with a simple 10 minute seated yoga warm up to prepare for meditation. Meditation can be done in a chair or seated on yoga blankets. Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing meditators will benefit from this class.

Rusty Joints- Don't let the name fool you! This water workout offers strength training exercises in the therapy pool. Great for older adults and members rehabilitating injuries.

Sculpt Lite- cardio and sculpt combine to get heart pumping and work muscles in or out of chair.

Senior Switch- Cardio, sculpting and stretching combined with great music.

Yoga Stretch- A training class that improves muscle tone, flexibility, and body alignment. Set to uplifting music, this class uses yoga and pilates principles to increase endurance, and reduce stress.

***classes taught in the dance room.**