

Fitness and Pool Classes

ALL CLASSES IN THE HUB ACTIVITY ROOM OR POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM				
Total Body (Advanced) w/Kevin 45 min.	Mat Yoga w/JoAnne 45 min. (Power Yoga)	Total Body (Advanced) w/Ellen 45 min.	Mat Yoga w/ JoAnne 45 min. (Vinyasa Flow)	Total Body (Advanced) w/Ellen 45 min.
9:30 AM				
Strength & Balance w/ Carol N. 45 min.		Strength & Balance w/ Carol N. 45 min.		Strength & Balance w/ Ellen 45 min.
10:00 AM (POOL)				
Aqua Cross-Training w/Kevin 45 min.	Aqua Yoga w/JoAnne 45 min.	Aqua Cross-Training w/Ellen 45 min.	Aqua Cross-Training w/Ellen 45 min.	
10:00 AM (LAND)				
	Tai Chi/Qi Gong w/Ellen 45 min.			
10:30 AM				
Light Strength & Balance w/Ellen 40 min.		Light Strength & Balance w/Carol N. 40 min.		Light Strength & Balance w/ Ellen 40 min.
11:00 AM				
	Chair Yoga w/JoAnne 45 min.		Chair Yoga w/JoAnne 45 min.	
11:15 PM				
		Balance and Breath w/Carol N. 45 min.		Line Dancing w/ Mary 45 min.
1:00 PM				
			Aqua Flow w/Kevin 40 min.	
1:15 PM				
		Line Dancing w/ Mary 45 min.		

LAND Classes:

Total Body (Advanced) – Variety is the spice of this class! Segments include cardio, strength, flexibility, balance, and core training.

Mat Yoga – This class focuses on strengthening muscles, improving balance and flexibility, and improving range of motion, all while performing poses on a mat, seated, laying down, and standing.

Strength & Balance – This class focuses on increasing stability and confidence, improving posture, strengthening abdominals

Tai Chi/Qi Gong – This class focuses on graceful, slow movements, coupled with a focus on deep breathing and mental focus to create balance, flexibility, and calmness to relieve stress

Light Strength & Balance – This class focuses on using light weights, light resistance with bands/balls, appropriate balance exercises, and gentle stretching.

Chair Yoga – This class focuses on increased balance, strength, flexibility, range of motion, and stress reduction, all with the aid of a chair. It is great for anyone looking to get the benefits of yoga, but might have trouble standing, have limited mobility, or balance issues.

Balance and Breath – This class combines balance work with directed breathing

Line Dancing – Come dance with us! It's good for you; body and soul!

POOL Classes:

Aqua Cross-Training – This class combines full-body strength training, with bursts of cardio, core conditioning, and mobility exercises.

Aqua Yoga – This is a gentle and low impact exercise class that uses the buoyancy of the water to work on mobility, balance, and movement, all while strengthening the muscles.

Aqua Flow – End your week with a refreshing, gentle, mindful water flow class! This class focuses on improving and maintaining joint flexibility, range of motion, and muscle tone.

Water Volleyball – Come join us for a friendly game of volleyball! (Day/Time varies, see Fitness Staff if interested/for more details!)