



# DECEMBER GROUP EXERCISE SCHEDULE

Please note that this is the overall class schedule.

Please refer to the individual discipline schedules for pre-known changes and/or cancellations.

**Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

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| <b><u>Monday</u></b><br><b>6:15a-7:00a</b> Movers and Shakers (Rose)<br><b>9:00a-9:45 a</b> Deep Water Aerobics (Crystal)<br><b>11:00a-11:45a</b> Tai Chi (Kimberly)<br><b>9:45a-10:30a</b> Water Fitness for Health (Crystal)<br><b>10:30a-11:15a</b> Water Fitness for Health II (Crystal)<br><b>1:00p-1:45p</b> Senior Splash (Kathy)<br><b>4:00p-5:00p</b> Teen PIT (Allen)<br><b>5:30p-6:15p</b> Kettlebells (Brandi)<br><b>5:30p- 6:15p</b> Kid's Fit (Allen)<br><b>6:00p-6:45p</b> AquaFit (Debbie)<br><b>6:30p-7:30p</b> Zumba (Julie)<br><b>6:30p-7:30p</b> PIT (Brandi) | <b><u>Tuesday</u></b><br><b>6:15a-7:00a</b> Yoga All Levels (Casey)<br><b>9:15a-10a</b> Cycling (Carrie)<br><b>9:45a-10:30a</b> Silver Sneakers Classic (Kimberly)<br><b>12:15p-1p</b> Cycling (Brandi)<br><b>6p-6:45p</b> Basic Training (Heather)<br><b>6:00p-6:45p</b> Yoga All Levels (Maryann) | <b><u>Wednesday</u></b><br><b>6:15a-7a</b> Movers and Shakers (Rose)<br><b>9:00a-9:45a</b> Deep Water Aerobics (Crystal)<br><b>9:30a-10:30a</b> Beginner Silver Line Dancing (Lacey)<br><b>9:45a-10:30a</b> Water Fitness for Health (Crystal)<br><b>10:30a-11:15a</b> Water Fitness for Health II (Crystal)<br><b>10:30a-11:30a</b> Line Dancing (Lacey)<br><b>1:00p-1:45p</b> Senior Splash (Kathy)<br><b>5:00p-6:00p</b> Teen PIT (Allen)<br><b>6:30p-7:30p</b> Zumba (Julie) | <b><u>Thursday</u></b><br><b>6:15a-7:00a</b> Yoga All Levels (Nancy) * <b>12/4 &amp; 12/18 only</b><br><b>9:15a-10a</b> Cycling (Kelly)<br><b>10:15a-11:15a</b> Active Adult Chair Volleyball (Linda)<br><b>6p-6:45p</b> Basic Training (Heather)<br><b>6:15p-7:15p</b> Cycling (Brandi)<br><b>7:00p-7:45p</b> Yoga All Levels (Casey) | <b><u>Friday</u></b><br><b>6:15a-7:00a</b> Step/Barbell (Rose)<br><b>9:15a-10a</b> Kettlebells (Brandi)<br><b>10:30a-11:15a</b> Silver Sneaker Classic (Brandi)<br><b>5:30p-6:30p</b> Zumba (Julie)<br><br><b><u>Saturday</u></b><br><b>9:15a-10:00a</b> Cycling (Brandi/Misty/Kelly)<br><b>10:05a- 11:05a</b> Yoga All Levels (Maryann)<br><b>10:30a-11:30a</b> PIT (Brandi)<br><br><div> <b>WATER AEROBICS</b> </div> |
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Modifications for individual needs can be provided if the instructor is made aware prior to class and participant safety is not compromised. Kid's Fit is designed for children ages 6 to 12. **Members age 11 may participate in group exercise classes when accompanied by a parent or guardian. Members age 12 and up may participate unaccompanied.** Height requirement for 11 and 12 year old participants in group cycle classes is 54 inches and participant must demonstrate the ability to comfortably work through an entire pedal stroke as judged by the instructor.

# EXERCISE CLASS DESCRIPTIONS

## Yoga

**Yoga All Levels:** In Vinyasa Flow, postures are connected through breath for a transformative, balancing effect. Classes build endurance, flexibility, and strength. Instructors inspire physical, energetic, mental and intuitive states of consciousness. CIR = 2/3  
**Chair Yoga** CIR = 1/3

## Cycle

The bike allows you to select your own resistance level while the instructor is there to challenge and encourage you. Group cycling is a great cardiovascular workout that will revitalize your personal fitness program. CIR = 4/5

## KID FIT

Our Kid Fitness classes are open to all kids ages 6-12 and are designed to introduce exercise in a FUN way. Participants can improve cardio endurance, speed and strength through all kinds of fun activities!

## Floor Exercise

**Basic Training:** Challenging, high-intensity whole-body workout focused on building strength and endurance through a variety of different exercises. CIR = 4/5

**Active Adult Chair Volleyball:** A fun workout with lots of laughter, a bit of competition, and cheeks planted in your chair! Come join the fun! CIR= 1/2

**Kettlebells:** Known as bowling balls with handles, kettlebells burn fat, build lean muscle, increase range of motion and flexibility, improve overall conditioning and stamina. CIR = 4/5

**Line Dancing:** Dancing improves cardiovascular health, boosts cognitive performance and reduces stress and depression, but mostly it's just fun. Join me to learn cool dances that you can do anywhere! CIR = 1/3 (9:30 class) and 3/4 (10:30 class)

**Movers & Shakers:** An early morning exercise smorgasbord using kettlebells, stability balls, medicine balls, step aerobics, resistance bands, core work and old favorites. CIR = 3/4

**PIT/Teen PIT:** Our PIT Classes are high-intensity sessions that work on improving strength and conditioning using practical movements like running, jumping, pushing, pulling, lifting and throwing; participants can build endurance, power, speed and strength. CIR=4/5

**Silver Cardio Circuit:** Sister class to early morning Movers & Shakers, this class will help participants improve their range of motion, flexibility and strength. Move it so you don't lose it! CIR = 1/2

**SilverSneakers® Classic:** Class designed to increase muscular strength, range of movement and improve daily living skill activities. CIR = 1/2

**Step/Barbell Class:** This class utilizes a portable platform with height adjustable risers and an unweighted barbell. Participants will use the step to improve cardio fitness while toning the lower body. Use of the barbell will promote strength and flexibility. Come on ... step this way! CIR=2/3

**Tai Chi:** Tai chi improves balance through gentle meditative movement, strengthening the leg muscles and enhancing body awareness. It is restorative, increasing flexibility and joint lubrication while aiding focus. CIR=2/3

**Zumba:** Dance routines with fast and slow rhythms tone and sculpt the body! The class is set to a fusion of Latin and International music that will keep you moving! CIR = 3/4

## Water

**AquaFit:** : A moderate intensity water aerobics class which combines stretching, cardio and strength building without the impact of land-based aerobics. CIR = 3/4

**Deep Water Aerobics:** Our most cardio intensive water exercise class. This class includes full-body movements such as swimming, jogging, and running and using resistance barbells. Try this class for the ultimate water exercise challenge! CIR = 4/5

**Splash:** Offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special kickboard can be used to develop strength, balance, and coordination. CIR = 2/3

**Water Fitness for Health:** A combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times. Water Fitness for Health II will offer various modifications for exercises. CIR = 1/3

CIR:

CLASS INTENSITY RATINGS

1

Senior Adult Friendly

2

Low

3

Low to Moderate

4

Moderate to High

5

High to Extreme