

# FITNESS

## Fitness Center

The Fitness Center is available to Members and their caregivers. There are many options for working on cardio and strength training machines. Take advantage of this great opportunity to get in shape and achieve your personal fitness goals! Hours are below:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a-4:45p	Open Fitness	Open Fitness	Open Fitness	Open Fitness	Open Fitness
4:45 - 7:45p					

## Fitness Class Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:00a	Power Rowing	1 Mile To Go	Power Rowing	1 Mile To Go	Power Rowing
9:00 - 9:45a	Muscle Energizer Pace Setters	Functional Training	Muscle Energizer Pace Setters	Functional Training	Muscle Energizer Pace Setters
10:00 - 10:45a	Beach Volleyball	Burt Ball Power Rowing (10:00-10:30a)	Beach Volleyball	Burt Ball Power Rowing (10:00-10:30a)	Beach Volleyball
11:00 - 11:45a	Core Power 11:00 - 11:30	Totally Fit	Core Power 11:00 - 11:30	Totally Fit	Core Power 11:00 - 11:30
12:00-12:50p	Noon Yoga		Noon Yoga		
1:00 - 1:45p	Chair Aerobics	Seated Yoga 1:00-1:50	Chair Aerobics	Seated Yoga 1:00-1:50	Chair Aerobics
2:00 - 2:45p	Seated Abdominal		Seated Abdominal		Seated Abdominal
4:00 - 4:45p		Active Yoga		Active Yoga	

## Personal Training

Interested in some one-on-one time with our trained fitness staff? Participants must be able to endure a moderate to vigorous physical activity with minimal staff assistance. **See the Fitness Staff for more info!!**

Sessions	Price
8	<b>\$65</b>
16	<b>\$80</b>
20	<b>\$100</b>

# Fitness Class Descriptions

## **I Mile To Go** [Tues. –Thurs. 8:30a-9:00a]

This is a 30 minutes of brisk power walking on the track that involves speed and stamina, as you dictate your own pace. Bring your Fitbit or phone tracker to track your steps, calories, distance, etc. *Participant must be able to independently participate.*

## **Active Yoga** [Tues.-Thurs 4:00-4:45p]

the yoga wall is a perfect way to build confidence by learning a variety of poses, breathing and stretching techniques with trained instruct that brings the best out of your efforts. Participants must be able to standing and balance for the duration of the class.

## **Beach Volleyball** [Mon. Wed. & Fri.,10:00 -10:45a]

For participants that are competitive and can accurately hit a beach ball across the opponent court from a seated or standing position. *Participant must be able to independently participate.*

## **Burt Ball** [Tues & Thurs 10:00-10:45a]

Exercise your muscles and show your skills as you score points on your opponent. *This class is intense and participants must be able to follow the rules of the games and play independently.*

## **Chair Aerobics** [Mon, Wed & Fri 1:00-1:45p]

Low to Moderate class that will work every muscle of your body; focusing on cardiovascular endurance, range of motion, flexibility, muscle endurance, and stamina. *Participants need to have adequate balance in a chair, and follow directions.*

## **Core Power** [Mon. Wed. & Fri 11:00-11:30a]

Low to Moderate class designed to strengthen your core muscles. Participants will learn to breathe appropriately during exercise. Class uses a variety of methods including Laughter Yoga, Pilates, Isometrics and Calisthenics. *This class requires member to be able to demonstrate good balance and be able to get up and down from the floor.*

## **Functional Trianing** [Tues & Thurs 9:00-9:45a]

Moderate to high intensity class works on all the major muscle groups. This class is designed for those individuals that enjoy a combination of rowing, step aerobics, light weight lifting, cycling, core and more; that will enhance your physical ability to perform daily tasks.

## **Muscle Energizer** [Mon, Wed & Fri 9:00-9:45a]

Moderate to high intensity class designed to get your heart pumping, strengthen your muscles, and improve your balance. *Participants must be able stand, balance, and follow direction.*

## **Noon Yoga** [Mon.-Wed. Noon-12:50p]

Standing poses that improve flexibility, balance, weight shifting and spine alignment. Participants must have good balance and needs confidence to maneuver all posses

## **Pace Setters** [Mon.-Wed-Fri 9:00a-9:45a]

On the track with a master instructor teaching high intensity endurance training by combining 1600m rowing and half mile walk. This class is designed for those that are physically able to increase heart rate and intensity quickly.

## **Power Rowing** [Mon-Wed-Fri. 8:30a-9:00a & Tues.-Thurs.10:00a-10:30a]

A full body workout that improves cardiovascular output, strength, core and flexibility.

## **Seated Abdominals** [Mon, Wed & Fri 2:00-2:45p]

Low to moderate class designed to improve and strengthen the abdomen and trunk muscles. *Participants must have control while sitting in a chair and must be able to follow class instructions to participate. If you have back issues including severe pain, this class is NOT recommended.*

## **Seated Yoga** [Tues-Thurs. 1:00p-1:50p]

Low to moderate seated yoga class that highlights the role of breathing, basic poses with adaptation for flexibility and stress management. Participants will utilize blocks, straps, bars, ball, and wedges.

## **Totally Fit** [Tues & Thurs 11:00-11:45a]

Low impact exercise class helps muscle strength, range of motion and trunk stability from a seated position. *Participants must be able to follow instruction or provide a caregiver to assist during class.*