

## April 2024 Fitness Classes

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
8:00 - 8:55	AeroFIT (GB)	SilverSneakers® Yoga (DR)	AeroFIT (GB)	SilverSneakers® Yoga (DR)	AeroFIT (GB)
9:00 - 9:55	Fitness Fusion (WS)	AeroFIT Strength (GB) Beg. Tai Chi/Qigong (WS)	Fitness Fusion (WS)	AeroFIT Strength (GB) Beg. Tai Chi/Qigong (WS)	Fitness Fusion (WS)
10:00 - 10:55	Body 360 (WS)	PEPPI (DR) Inter. Qigong (WS)	Body 360 (WS)	PEPPI (DR) Inter. Qigong (WS)	Body 360 (WS)
11:00 - 11:55	SilverSneakers® Classic (WS)	Inter. Tai Chi (WS)	SilverSneakers® Classic (WS)	Inter. Tai Chi (WS)	SilverSneakers® Classic (WS)
12:00 - 12:55	Yoga 101 (WS)	<u>Strengthen &amp; Sculpt</u> (12:15-12:45)	Yoga 101 (WS)	<u>Strengthen &amp; Sculpt</u> (12:15-12:45)	*
1:00 - 1:55	SilverSneakers® Cardio (WS)	Slow Flow Yoga (WS)	SilverSneakers® Cardio (WS)	Slow Flow Yoga (WS)	SilverSneakers® Cardio (WS)
2:00 - 2:45	Zumba® Gold (WS)	Pilates (WS) (2:00-2:30)	Zumba® Gold (WS)	Pilates (WS) (2:00-2:30)	*
5:00 - 7:00 Evening Classes	Get Fit with HIIT 5:00-5:55(WS)	Yoga Balance (GB) 5:30-6:15	Get Fit with HIIT 5:00-5:55(WS)	Yoga Balance (GB) 5:30-6:15	*
	*	Zumba® Gold Toning (WS) 5:30-6:15	*	Zumba® Gold Toning (WS) 5:30-6:15	*

**Class Location:** WS = Wellness Studio    DR = Dining Room  
GA = Game Room A    GB = Game Room B

*Want to try some fitness classes for free?*  
*The last five business days of each month is FREE WEEK!*

**NOTE:** Silver Sneakers classes are free to Silver Sneakers members.  
Silver & Fit members can take any Zumba class for free.  
Any other member must pay to join these classes.

### Personal Training

Looking for personalized fitness instruction?  
Get a one-on-one workout scheduled with a certified trainer that will customize your workouts to meet your specific goals.  
**Cost: \$150 for four 45-minute sessions.**

**Fitness Center Orientation:** Learn about proper exercise etiquette and how to safely and effectively use the equipment in the fitness center. Free orientations are scheduled daily at 2:00 PM or by appointment. Please inform the front desk if you are attending.

## Class Descriptions - Registration is required for all classes.

<b>AeroFIT</b> - MWF: 8:00-8:55 AM, \$35/month, Instructor: Paula Steinmeyer, Game Room B	Good for most fitness levels. <i>Aerobics for heart health, strength training for core, and stretching for flexibility/range of motion. Optional free weights in a standing only format.</i>
<b>AeroFIT Strength</b> - T/TH: 9:00-9:55 AM, \$30/month, Instructor: Paula Steinmeyer, Game Room B	Good for most fitness levels. <i>Build core strength and lean muscles while safely protecting joints and burning calories. Optional free weights in a standing only format.</i>
<b>Beginner Qigong/Tai Chi</b> - T/TH: 9:00-9:55 AM, \$30/month, Instructor: Jason Salgado, Wellness Studio	New Class Time - 9:00 AM <i>Low impact workout to improve balance, boost your immune system, relieve stress, manage blood pressure, improve spatial awareness and work the mind!</i>
<b>Body 360</b> - MWF: 10:00-10:55 AM, \$30/month, Instructor: Kathy Wade, Wellness Studio	Vigorous class; will get your heart rate up. <i>Utilizes free weights and resistance bands to strengthen every muscle group. Includes cardio work, interval and circuit training, and floor mat exercises.</i>
<b>Fitness Fusion</b> - MWF: 9:00-9:55 AM, \$30/month, Instructor: Maureen Neagle, Wellness Studio	Encompasses all elements needed for a healthier lifestyle. <i>Cardio for heart and lungs, resistance for toned muscles, stretching for flexibility and balance, fused into a "you can do this" format to invigorate the mind and body.</i>
<b>Get Fit with HIIT</b> - MW: 5:00-5:55 PM, \$35/month, Instructor: Melissa Welfel, Wellness Studio	<b>NEW CLASS!</b> <i>High Intensity Interval Training - Full body workout designed to burn fat and build muscle. Class ends with a 15 minute yoga-like cool down.</i>
<b>Intermediate Qigong</b> - T/TH: 10:00-10:55 AM, \$30/month, Instructor: Jason Salgado, Wellness Studio	Not for beginners. <i>Ancient healing practice that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health.</i>
<b>Intermediate Tai Chi</b> - T/TH: 11:00-11:55 AM, \$30/month, Instructor: Jason Salgado, Wellness Studio	Meditation in motion; not for beginners <i>Slow moving, meditative practice that coordinates breath with movement. Can improve balance, strength, blood circulation, manage stress, and promote health.</i>
<b>PEPPI</b> - T/TH: 10:00 -10:55 AM, \$20/month, Instructor: Bob Webb, Dining Room	Very popular class, great for beginners. <i>Introduces you to basic exercises designed to restore mobility, strength, and balance. If you are just starting out, this is the class for you.</i>
<b>Pilates</b> - T/TH: 2:00-2:30 PM, \$20/month, Instructor: Pam Porch, Wellness Studio	Strengthen your abs and back. <i>15 minutes on a mat on the floor and 15 minutes using the big Pilates ball to work the core muscles in different ways. Pairs well with Slow Flow Yoga.</i>
<b>SilverSneakers® Cardio</b> - MWF: 1:00-1:55 PM, \$25/month, Instructor: Candy Waggoner, Wellness Studio	<i>Heart healthy aerobics using low-impact movements. This class focuses on building upper body and core strength with added cardio endurance.</i>
<b>SilverSneakers® Classic</b> - MWF: 11:00-11:55 AM, \$25/month, Instructor: Candy Waggoner, Wellness Studio	<i>Focuses on improving daily life activities. Using hand weights, elastic tubing, and a SilverSneakers ball. A chair can be used for seated exercising or standing support.</i>
<b>SilverSneakers® Yoga</b> - T/TH: 8:00-8:55 AM, \$20/month, Instructor: Maureen Neagle, Dining Room	<i>Participants complete seated and standing yoga postures. Suitable for all levels. Provides breathing exercises and relaxation without the strain on your joints.</i>
<b>Slow Flow Yoga</b> - T/TH: 1:00-1:55 PM, \$30/month, Instructor: Aimee Lynn, Wellness Studio	Appropriate for all levels. <i>This yoga class moves at a slower pace and is beginner friendly and relaxing. Improve your balance, flexibility, and mind-body connection with this entry level class.</i>
<b>Strengthen &amp; Sculpt</b> - T/TH: 12:15-12:45 PM, \$20/month, Instructor: Aimee Lynn, Wellness Studio	<b>NEW CLASS!</b> <i>Build strength through a combination of exercises to work the core, glutes, arms, and legs, utilizing equipment like dumbbells, sliders, bands, and the barre.</i>
<b>Yoga 101</b> - MW: 12:00-12:55 PM, \$30/month, Instructor: Aimee Lynn, Wellness Studio	Great for beginners or seasoned practitioners. <i>Come learn and build your basics of yoga. Stretching, strengthening, and balancing poses will all be explored along with breathwork and meditation. Modifications provided.</i>
<b>Yoga Balance</b> - T/TH: 5:30-6:15 PM, \$30/month, Instructor: Joe March, Game Room B	Balance and Stability <i>Designed to improve balance and strength through various ranges of motion in a slow flow format. Modifications are provided based on different ability levels.</i>
<b>Zumba® Gold</b> - M/W 2:00-2:45PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio	<i>Zumba Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. Fun, effective workout set to Latin music.</i>
<b>Zumba® Gold Toning</b> - T/TH 5:30-6:15 PM, \$25/month, Instructor: Taeko Coslett, Wellness Studio	<i>Exciting Zumba style class but with a slower pace focusing on muscle conditioning. Features low to moderate intensity strength training using Zumba toning sticks.</i>