March 2024 Fitness Classes

	Mon	Tues	Wed	Thur	Fri
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)**	**Strengthen & Sculpt** (12:15-12:45)	**Yoga 101 (WS)**	**Strengthen & Sculpt** (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	*	**Yoga Balance** (GB) 5:30-6:15 **Zumba© Gold Toning** (WS) 5:30-6:15	*	**Yoga Balance** (GB) 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.

AeroFIT - MWF: 8:00-8:55 AM, $35/month, Instructor: Paula Steinmeyer, Game Room B — Good for most fitness levels.
Aerobics for heart health, strength training for core, and stretching for flexibility/range of motion. Optional free weights in a standing only format.

AeroFIT Strength - T/TH: 9:00-9:55 AM, $30/month, Instructor: Paula Steinmeyer, Game Room B — Good for most fitness levels.
Build core strength and lean muscles while safely protecting joints and burning calories. Optional free weights in a standing only format.

Beginner Qigong/Tai Chi - T/TH: 9:00-9:55 AM, $30/month, Instructor: Jason Salgado, Wellness Studio — *New Class Time - 9:00 AM*
Low impact workout to improve balance, boost your immune system, relieve stress, manage blood pressure, improve spatial awareness and work the mind!

Body 360 - MWF: 10:00-10:55 AM, $30/month, Instructor: Kathy Wade, Wellness Studio — Vigorous class; will get your heart rate up.
Utilizes free weights and resistance bands to strengthen every muscle group. Includes cardio work, interval and circuit training, and floor mat exercises.

Fitness Fusion - MWF: 9:00-9:55 AM, $30/month, Instructor: Maureen Neagle, Wellness Studio — Encompasses all elements needed for a healthier lifestyle.
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.

Intermediate Qigong - T/TH: 10:00-10:55 AM, $30/month, Instructor: Jason Salgado, Wellness Studio — Not for beginners.
Ancient healing practice that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health.

Intermediate Tai Chi - T/TH: 11:00-11:55 AM, $30/month, Instructor: Jason Salgado, Wellness Studio — Meditation in motion; not for beginners
Slow moving, meditative practice that coordinates breath with movement. Can improve balance, strength, blood circulation, manage stress, and promote health.

PEPPI - T/TH: 10:00 -10:55 AM, $20/month, Instructor: Bob Webb, Dining Room — Very popular class, great for beginners.
Introduces you to basic exercises designed to restore mobility, strength, and balance. If you are just starting out, this is the class for you.

Pilates - T/TH: 2:00-2:30 PM, $20/month, Instructor: Pam Porch, Wellness Studio — Strengthen your abs and back.
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.

SilverSneakers© Cardio - MWF: 1:00-1:55 PM, $25/month, Instructor: Candy Waggoner, Wellness Studio
Heart healthy aerobics using low-impact movements. This class focuses on building upper body and core strength with added cardio endurance.

SilverSneakers© Classic - MWF: 11:00-11:55 AM, $25/month, Instructor: Candy Waggoner, Wellness Studio
Focuses on improving daily life activites. Using hand weights, elastic tubing, and a SilverSneakers ball. A chair can be used for seated exercising or standing support.

SilverSneakers© Yoga - T/TH: 8:00-8:55 AM, $20/month, Instructor: Maureen Neagle , Dining Room
Participants complete seated and standing yoga postures. Suitable for all levels. Provides breathing exercises and relaxation without the strain on your joints.

Slow Flow Yoga - T/TH: 1:00-1:55 PM, $30/month, Instructor: Aimee Lynn, Wellness Studio — Appropriate for all levels.
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.

Strengthen & Sculpt - T/TH: 12:15-12:45 PM, $20/month, Instructor: Aimee Lynn, Wellness Studio — ***NEW CLASS!***
Build strength through a combination of exercises to work the core, glutes, arms, and legs, utilizing equipment like dumbbells, sliders, bands, and the barre.

Yoga 101 - MW: 12:00-12:55 PM, $30/month, Instructor: Aimee Lynn, Wellness Studio — Great for beginners or seasoned practitioners.
Come learn and build your basics of yoga. Stretching, strengthening, and balancing poses will all be explored along with breathwork and meditation. Modifications provided.

Yoga Balance - T/TH: 5:30-6:15 PM, $30/month, Instructor: Joe March, Game Room B — Balance and Stability
Designed to improve balance and strength through various ranges of motion in a slow flow format. Modifications are provided based on different ability levels.

Zumba© Gold - M/W 2:00-2:45PM, $25/month, Instructor: Taeko Coslett, Wellness Studio
Zumba Gold utilizes dance and movement to improve muscle strength, endurance, and the cardiovascular system. Fun, effective workout set to Latin music.

Zumba© Gold Toning - T/TH 5:30-6:15 PM, $25/month, Instructor: Taeko Coslett, Wellness Studio
Exciting Zumba style class but with a slower pace focusing on muscle conditioning. Features low to moderate intensity strength training using Zumba toning sticks.