

IT'S TIME to get back to fitness
TOGETHER



**MOTIVATION
 TOGETHER**

MARCH 2023

Updated on 3/1/2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SS – BOOM+ Suchitra - AR * 9 - 9:45AM		SS – CIRCUIT Suchitra - AR * 9 - 9:45AM		SS – CIRCUIT Suchitra - AR * 9 - 9:45AM	
	Chair Yoga Inna - AR * 10 - 11:15AM	SS - Stability Suchitra - AR * 10 - 10:30AM		SS - Stability/Boom Move Suchitra - AR * 10 - 10:30AM	Yoga & Meditation Inna - AR * 9:15 - 10:45AM
			Chair Yoga Inna - AR * 11 - 12:15PM		Cardio Boxing Allison - AR * 11 - 11:45AM
Total Body Allison - AR * 6:00 - 6:45PM	Zumba Sandy - AR * 6:00 - 6:45PM	Yoga & Meditation Inna - AR * 6:00 - 6:45PM	Zumba Toning Sandy - AR * 6:00 - 6:45PM		WC – Wellness Center AR – Aerobics Room BG - Basketball Gym

CLASS DESCRIPTIONS

Cardio Boxing

Train with a Jiu Jitsu boxing professional, learn boxing techniques and have a fun, safe workout! This will be a fun, intense cardio workout which includes boxing, kickboxing, jumping and hi/lo moves. A great class for beginning, intermediate and advanced fitness levels.

Chair Yoga

Move your whole body through a complete series of yoga postures. Chair yoga assists in supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility, balance, range of movement while reducing anxiety and stress.

Silver Sneakers – BOOM+

This fun and exciting workout is designed for Active Older adults to improve cardio fitness with easy-to-follow moves set to energizing music. Combine this with weights and activity-specific drills to improve strength and functional skills. The class ends with chair stretching and meditation to ensure relaxation of the mind and body.

Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support.

Silver Sneakers - Stability

Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

Silver Sneakers - Boom Move

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Total Body

This class maximizes your workout results with 45 minutes of impactful strength training. This workout features a variety of moves, including squats, lunges, curls and presses and covers upper body, lower body and core. Add motivational music, and it is simply the most fun you'll have strength training.

Yoga & Meditation

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat.

Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party!