

# Summer 2018 GROUP EXERCISE SCHEDULE



\*Effective Monday, July 16th, 2018— Saturday, September 22nd, 2018\*

Fitness Center Hours: 6am-10pm Pool Hours: 6am - 8pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Core and More 8:15am South Wing DS	Pure Strength 8:15am South Wing DS	Core and More 8:15am South Wing DS	Pure Strength 8:15am South Wing DS	Core and More 8:15am South Wing DS	Aqua Cardio & Stretch 9:30am Natatorium
Functional Strength 9:15am Dance Studio	Strong, Steady & FLEXIBLE 9-10am Dance Studio	Cardio Circuit 9:15am Dance Studio	Three Times the Fun 9-10am Dance Studio	Functional Strength 9:15am Dance Studio	
Aqua Circuit 9:15am Natatorium	Aqua Cardio & Stretch 9:15am Natatorium	Mat Yoga 3:00pm South Wing DS	Aqua Trifecta 9:15am Natatorium	Mat Yoga 9:15am South Wing DS	
Chair Yoga 10:15am Dance Studio	Beautiful Bones 10:15am Dance Studio		Beautiful Bones 10:15am Dance Studio	Chair Yoga 10:15am Dance Studio	
	Tai Chi for Arthritis 1:30pm South Wing DS		Tai Chi for Arthritis 1:30pm South Wing DS		



## ANNOUNCEMENT:

If you arrive more than 10 minutes after class starts, please consider not joining the class on that day. The warm up (first 10 minutes) is vital for safety reasons.

For Questions or Appointments Contact:  
**Brian Harris - Fitness and Wellness Coordinator**  
 860-243-6019 or [brianharris@seaburylife.org](mailto:brianharris@seaburylife.org)

**Fitness and Wellness Staff:**  
 Cindy Senk - Director  
 Matt McGowan - Assistant Director  
 Brian Harris - Coordinator  
 Kirsten Benson - Coordinator

Please check channel 918 by 7am for Fitness and Wellness Center updates.

- Partner training is available! Grab a buddy and get fit together!
- Orientations to Fitness Center equipment are available upon request.

## CLASS DESCRIPTIONS:

**Core And More:** This advanced class focuses on strengthening your core and increasing flexibility. The Monday class will have an emphasis on lower body strength, while Wednesday will have an emphasis on upper body strength. Floor work is included (mats provided). Participants must be able to get up off the floor with no assistance.

**Functional Strength:** This class is designed to build a foundation of functional strength throughout the body. Using dumbbells and various body weight exercises, participants will perform strengthening movements that build key muscle groups that help us keep our balance and perform Activities of Daily Living with ease.

**Chair Yoga:** Yoga is an ancient practice combining movement with breath. The benefits are many including strength, flexibility, mental clarity and emotional calmness. Seated and standing poses will be offered.

**MAT Yoga:** This is an advanced Yoga practice offered strictly standing and on the mat. Participants will be required to be able to move up and down from the floor on their own. Benefits include increased strength, flexibility, mental clarity and emotional calmness.

**Beautiful Bones:** This seated class is specifically designed for participants to improve their strength and range of motion. The exercises are selected with osteoporosis in mind and target muscles in the hip, spine and lower body.

**Aqua Circuit:** This class will focus on three components of fitness: cardiovascular endurance, muscular conditioning and balance wrapped into a circuit style format.

**Aqua Trifecta:** This class will combine three main areas of fitness; Strength (weights), Balance, and Cardio, into a fun and inviting workout utilizing nautical fitness equipment.

**Aqua Cardio & Stretch:** This class will include a challenging cardiovascular segment that will get your heart pumping! We will finish with 10-15 minutes of stretching to help promote flexibility, range of motion and circulation.

**Three Times The Fun:** This class will incorporate strength & cardio (first 45 minutes) and we will finish up with relaxing chair yoga (15 minutes) which will include work on range of motion and stretching.

**Cardio Circuit:** This moderate to high intensity class will begin with a 30-35 minute cardio segment with muscular strength & endurance segments, followed by balance and flexibility. Come join the fun!

**Strong, Steady & FLEXIBLE:** A balance challenge class utilizing a variety of equipment and body weight exercises to improve stability, strength and flexibility.

**Tai Chi for Arthritis:** Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. We will work on mindfulness, balance and strength through the forms that we incorporate into our practice.

**Pure Strength:** This class focuses on building overall body strength with various strength training exercises and equipment. Participants must be able to get up and down from the floor.