

# GROUP EXERCISE SCHEDULE



**\*Effective Monday, October 7th, 2019 - Friday, December 20th, 2019\***

**FALL**                      **Fitness Center Hours: 6am-10pm - Pool Hours: 6am-8pm**                      **2019**

**HIGH** Intensity      **MEDIUM** Intensity      **LOW** Intensity

**MONDAY:**

- 8:15am - **Core and More** - South Wing FC
- 9:15am - **Functional Strength** - Dance Studio
- 9:15am - **Aqua Circuit** - Natatorium
- 2:00pm - **Chair Yoga** - Dance Studio
- 3:00pm - **Mat Yoga** - Pilates Studio

**TUESDAY:**

- 8:15am - **Pure Strength** - South Wing FC
- 9:00am - **Three Times the Fun** - Dance Studio
- 9:15am - **Aqua Trifecta** - Natatorium
- 10:15am - **Beautiful Bones** - Dance Studio
- 1:30pm - **Tai Chi for Arthritis** - South Wing FC

**WEDNESDAY:**

- 8:15am - **Core and More** - South Wing FC
- 9:15am - **Interval STEP** - South Wing FC
- 10:15am - **Chair Yoga** - Dance Studio

**THURSDAY:**

- 8:15am - **Pure Strength** - South Wing FC
- 9:00am - **Strong, Steady & Flexible** - Dance Studio
- 9:15am - **Aqua Cardio & Stretch** - Natatorium
- 10:00am - **Gentle Joints** - Natatorium (30 minutes)
- 10:15am - **Beautiful Bones** - Dance Studio
- 1:30pm - **Tai Chi for Arthritis** - South Wing FC

**FRIDAY:**

- 8:15am - **Core and More** - South Wing FC
- 9:00am - **Mat Yoga** - Pilates Studio
- 9:15am - **Functional Strength** - Dance Studio
- 10:15am - **Chair Yoga** - Dance Studio
- 1:30pm - **Cardio Dance** - South Wing FC



**Fitness and Wellness Staff**

- Matt McGowan - Fitness Director
- Brian Harris - Sr. Fitness Coordinator
- Kirsten Benson - Fitness Coordinator
- Iris Watkins - Fitness Coordinator

**For questions or appointments contact:**

Brian Harris  
860-243-6019  
brianharris@seaburylife.org

- Please check 918 for FWC updates
- Orientations to the Fitness Center equipment are available!
- **HOLIDAY NOTICE:** No classes on: Thursday, November 28th due to Thanksgiving.

## **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.

**Cardio Dance** - Join the fun and dance to the music in this heart pumping class! This class is designed as exercise in disguise, where we will utilize different styles of dance to increase our cardiovascular fitness and lower body strength.

**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.

**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.

**Interval STEP:** A fun, work at your own pace, heart-pumping class! We will work on balance, coordination, strength and cardiovascular fitness.

**Gentle Joints:** A warm water class for people who want a gentler approach to exercise. Flexibility through YOGA poses, muscle and cardio endurance and balance will be key components of this class.