

GROUP EXERCISE SCHEDULE



Effective September, 7th 2021

HIGH Intensity

MEDIUM Intensity

LOW Intensity

MONDAY:

- 8:15– **Core and More**– South Wing FWC (Z)*
- 9:15– **Cardio Dance**– South Wing FWC
- 10:15 - **Beautiful Bones** - South Wing FWC (Z)*
- 10:00am - **Mat Yoga**– Pilates Studio (Z)*

TUESDAY:

- 8:15am - **Core and More**- South Wing FC (Z)*
- 9:15am— **Beginner Cardio Dance**—South Wing FC
- 10:15am - **Chair Yoga** - South Wing FC (Z)*
- 1:30-2:30pm - **Tai Chi** - South Wing FC (Z)*

WEDNESDAY:

- 9:00am - **Aqua Cardio** - Natatorium
- 9:15am - **Functional Strength** -South Wing FC (Z)*
- 10:15am - **Beautiful Bones**- South Wing FC (Z)*
- 1:30pm— **Guided Meditation** (Z)*

THURSDAY:

- 8:15am - **Core and More** - South Wing FC (Z)*
- 9:15am - **Step** - South Wing FC
- 10:15– **Chair Yoga**– **South Wing FWC** (Z)*
- 1:30-2:30pm - **Tai Chi** - South Wing FC (Z)*
- 3:00– **Yin Mat Yoga**– Pilates Studio (Z)*

FRIDAY:

- 9:15am - **Functional Strength** -South Wing FC (Z)*
- 10:00am - **Aqua Cardio**– Natatorium
- 10:15am - **Beautiful Bones**– South Wing FC (Z)*
- 1:30pm– **Beginner Tai Chi**– South Wing FC (Z)*



Fitness and Wellness Staff

- Matt McGowan - Fitness Director
- Kirsten Benson - Fitness Coordinator
- Iris Watkins - Fitness Coordinator
- Janice Flannigan- Fitness Coordinator

To Register for Classes Please Contact:

- Matt McGowan
- 860-243-4032
- mattmcgowan@seaburylife.org

-Please check 918 for FWC updates

(Z)* indicates classes available via ZOOM, contact staff for link

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: A challenging flow class working on strength, balance, and endurance. Join us as we work through sun salutations, warrior series and more! Must be able to get on and off the floor without assistance

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

Tai Chi: 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.

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

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 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 upper/lower body.

Yin Mat Yoga: A gentle yoga class focusing on stretching and gaining flexibility and mobility. A slow-paced class, you will leave feeling totally relaxed! Must be able to get on and off the floor without assistance.

Beginner Tai Chi: Learn Tai Chi! If you are a beginner or have been away from Tai Chi for a while, this is the place to start! Learning the forms from the beginning, at a slower pace. Tai Chi benefits include strength, posture, and balance.

Guided Meditation: Relax and recharge with a 30-minute easy guided meditation. Breath work and guided imagery will lead you through to finish rejuvenated.

Beginner Cardio Dance: A cardio dance class for those who are new to it , or if it has been a while, this is the class for you!