

GROUP EXERCISE SCHEDULE



Effective May 2023

HIGH Intensity

MEDIUM Intensity

LOW Intensity

MONDAY

8:15 - 9am **Core and More**
South Wing FC (Z)*

9:15 - 10am **Cardio Dance**
South Wing FC

10:15-10:45am **Beautiful Bones**
South Wing FC

10 - 11am **Mat Yoga**
Pilates Studio (Z)*

TUESDAY

9:15 - 10am **Step**
South Wing FC

10:15 - 11am **Chair Yoga**
South Wing FC

1:30 - 2:15pm **Tai Chi**
South Wing FC

WEDNESDAY

8:15 - 9am **Core and More**
South Wing FC (Z)*

9:15 - 10am **Aqua Cardio**
Natatorium

9:15 - 10am **Functional Strength**
South Wing FC (Z)*

10:15 - 10:45am **Beautiful Bones**
South Wing FC

1:30 - 2pm **Guided Meditation**
Pilates Studio (Z)*

THURSDAY

9:15 - 10am **Zumba Gold**
South Wing FC

10:15 - 11am **Chair Yoga**
South Wing FC

11:15-12pm **Balance:
Strong& Steady**
South Wing FC (Z)*

3 - 4pm **Yin Mat Yoga**
Pilates Studio (Z)*

FRIDAY

8:15 - 9am **Core and More**
South Wing FC (Z)*

9:15 - 10am **Functional Strength**
South Wing FC (Z)*

10:15- 10:45am **Beautiful Bones**
South Wing FC

10 - 10:45am **Aqua Cardio**
Natatorium

1:30 - 2:15pm **Tai Chi**
South Wing FC



Fitness and Wellness Staff

Kirsten Benson -Fitness Director
Sara Billings-Fitness Coordinator
Tim Conde-Fitness Coordinator
Janice Flannigan- Fitness Coordinator
Pam Grant- Fitness Coordinator

For more information

Please Contact:

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(Z)* indicates classes available
via ZOOM, contact staff for link.
Please do not arrive more than
5 minutes late to class for safety
reasons.

CLASS DESCRIPTIONS:

Core and More: This advanced class focuses on strengthening your core and increasing flexibility.

The class will have an emphasis on a full body workout with a serious focus on the core.

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 to 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.

Strong and Steady: BALANCE! This class will focus on static and dynamic balance, in a fun and challenging way! This class will cover a wide range of balance exercises that will help you gain confidence and feel steady.

Zumba Gold: is a fitness program that involves cardio and Latin-inspired dance. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

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.

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