



Seabury Group Fitness Schedule Effective September 3rd



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

10:00 - 11:00am **Mat Yoga**

Pilates Studio (Z)*

THURSDAY

9:15 - 10am **Zumba Gold**

South Wing FC

10:15 - 11am **Chair Yoga**

South Wing FC

11:15 - 12pm **Balanced & Steady**

South Wing FC (Z)*

3 - 4pm **Yin Mat Yoga**

Pilates Studio (Z)*

TUESDAY

9:15 - 10am **Step**

South Wing FC

10:15 - 11am **Chair Yoga**

South Wing FC

10:15 - 10:45am **Group Cycling**

Cycling Studio

1:15 - 2:00pm **Tai Chi 2**

South Wing FC

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

1:15 - 2:00pm **Tai Chi 1**

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)*

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

For More Information

Please Contact:

Kirsten Benson

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STRENGTH

Core and More: This advanced class focuses on strengthening your core and total body strength. Floor work is included. 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. Participants will perform strengthening movements that build key muscle groups to help us keep our balance and perform activities of daily living with ease.

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.

CARDIOVASCULAR

Aqua Cardio: This class will focus on three components of fitness: cardiovascular endurance, strength and balance.

Step: A fun, intense, heart-pumping class! We will work on balance, coordination and cardiovascular fitness. Participants may use the step and/or just the floor, depending on comfort level.

Cardio Dance: Join the fun and dance to the music in this 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.

Zumba Gold: 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.

Group Cycling: Gear up and get back on the bike for this fun and energizing group cycling class! Peddle along over flats and rolling hills without having to leave the building! You must be able to get on and off the bike unassisted.

BALANCE, FLEXIBILITY, MINDFULNESS

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.

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 using chairs as needed.

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. Tai Chi 1 is beginner friendly. Tai Chi 2 is more advanced for those who know the forms.

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.

Balanced and Steady: 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.