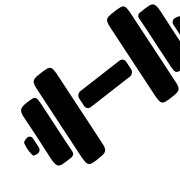




# Seabury Group Fitness Schedule Effective January 6th



**HIGH** Intensity

**MEDIUM** Intensity

**LOW** Intensity

## MONDAY

8:15 - 9am **Core and More**

South Wing FC (Z)\*

9-9:45am **Standing Functional Strength**

Pilates Studio **NEW CLASS**

9:15 - 10am **Cardio Dance**

South Wing FC

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

Pilates Studio (Z)\*

10:15 - 10:45am **Beautiful Bones**

South Wing FC

## 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

## TUESDAY

9:15 - 10am **Groove and Sculpt**

South Wing FC **NEW CLASS**

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

South Wing FC

10:15 - 11am **Group Cycling**

Cycling Studio

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

South Wing FC

**LOOK FOR OUR NEW CLASS  
OPTIONS FOR A FRESH START IN  
2025!**

## FRIDAY

8:15 - 9am **Core and More**

South Wing FC (Z)\*

9:15 - 10am **Functional Strength**

South Wing FC (Z)\*

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

Natatorium

11:15 - 11:45am **Group Cycling**

Cycling Studio **NEW CLASS**

## 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

860-243-4025

kirstenbenson@seaburylife.org

## **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.

**Standing Functional Strength:** Challenge your stamina and balance with more challenging movements in a standing position throughout. Strengthen your muscles for improved performance of daily activities.

## **CARDIOVASCULAR**

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

**Groove & Sculpt:** This low-impact class focuses on improving strength, stamina, balance and flexibility using 1lb weights OR your own bodyweight. Simple, controlled exercises promoting joint health and stability.

**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. **Sign up required @CAS**

## **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.

**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.