



# Seabury Group Fitness Schedule

## Effective April 6<sup>th</sup>

For More Information  
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**HIGH** Intensity

**MEDIUM** Intensity

**LOW** Intensity

### MONDAY

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

South Wing FC (Z)\*

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

Yoga Studio

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

South Wing FC

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

Yoga Studio (Z)\*

10:15am - 10:45am **Muscles in Motion**

South Wing FC

### THURSDAY

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

South Wing FC

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

South Wing FC (Z)\*

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

Cycling Studio

3pm - 4pm **Restorative Stretch**

Yoga Studio

### TUESDAY

9:15am - 10am **Balanced & Strong**

South Wing FC

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

South Wing FC (Z)\*

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

Cycling Studio

11:15am - 12pm **Circuit Class**

South Wing FC **\*SPRING ONLY\***

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

South Wing FC

### FRIDAY

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

South Wing FC (Z)\*

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

CAS (Z)\*

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

Natatorium

10:15am- 10:45am **Muscles in Motion**

South Wing FC

1:15pm-2pm **Up & Off the floor!**

Heritage Room **\*8 WEEKS ONLY\***

### WEDNESDAY

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

South Wing FC (Z)\*

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

Natatorium

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

CAS (Z)\*

10:15am - 10:45am **Muscles in Motion**

South Wing FC

1:30pm- 2pm **Guided Meditation**

Yoga Studio (Z)\*

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

Locations:

South Wing FC 4<sup>th</sup> floor SW

CAS 4<sup>th</sup> floor

Cycling studio 5<sup>th</sup> floor EW

Yoga Studio 3<sup>rd</sup> floor EW

East Wing FC & Pool 4<sup>th</sup> floor EW

## **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.

**Muscles in Motion:** Accessible exercises to improve strength, balance, flexibility and mobility. (previously Beautiful Bones)

**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.

**Circuit class:** Rotate through a variety of exercise stations designed to build strength, balance, endurance, and mobility. This moderately paced class offers a safe but challenging workout for participants who are comfortable moving independently and looking to stay active and strong.

## **CARDIOVASCULAR**

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

**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:** Tai Chi is one of the most effective exercises for health of mind and body. The compact movements and high stances of the Wu Tai Chi Short Form are easy on the joints making it easy to learn and practice without stress, while improving flexibility.

**Restorative Stretch:** 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.

**Up & Off the Floor:** This class teaches practical techniques and exercises to safely get down to the floor and back up, helping participants improve mobility, strength, balance, confidence, and fall prevention.

**Balanced & Strong:** 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. Must be able to move independently without chairs or assistive devices.