

# Fitness Class Schedule September~2017

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Water Energizer		Water Energizer		Water Energizer
9:00am	Wet & Wild Cardio Express	Yoga	Wet & Wild Cardio Express	Yoga	Wet & Wild Cardio Express
10:00am	Shape Up II	Shape Up I	Shape Up II	Shape Up I	Shape Up II
11:00am	Fit & Stretch (AP/AK2)	A Matter of Balance Tai Chi (AP/AK2)	Fit & Stretch ( AP/AK2)	A Matter of Balance	Fri: Fit and Stretch (AP/AK2) SATURDAYS 11am Healthy Bones
1:30pm	Gentle Joints	Tai Chi	Gentle Joints	2:00pm Balance (AP/AK2)	Gentle Joints
3:00pm	Shepherd Center (Open to All)		Shepherd Center (Open to All)		Shepherd Center (Open to All)

### Land Classes

#### Shape Up (I)

Tuesdays & Thursdays 10:00 a.m.

A 45-minute low intensity seated chair class designed to increase flexibility and improve strength. Hand-held weights, resistance bands, and balls are offered for strength and range of movement exercises. Improve balance through moderate exercises for legs and core muscles.

#### Shape Up (II)

Mondays, Wednesdays, & Fridays 10:00 a.m.

This moderate 45-minute workout combines all the components of fitness into one class. A total body workout to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

A chair is utilized for both seated and standing exercises.

#### Cardio Express ~ (III)

Mondays, Wednesdays, & Fridays 9:00 a.m.

Come prepared to mix it up in this fun, energetic 45-minute class! The goal is to raise the heart rate and work the most important muscle in the body, the HEART!

#### Yoga - Mind, Body, Balance

Tuesdays & Thursdays 9:00 a.m.

A perfect class for students who have completed a session in basic yoga. Perform a variety of postures designed to increase flexibility, balance, and range of movement.

#### A Matter of Balance

Tuesdays & Thursdays

Improve balance and increase strength during this 30-minute class. Ability to stand unsupported is not required.

### Healthy Bones

Saturdays

11am

The class is non-aerobic and a chair will be available for each participant. The class will work on posture, balance and end with strengthening exercises, lead by Joy Levine.

### Aquatic Classes

#### Water Energizer



Exercise Pool

Mondays, Wednesdays, & Fridays 8:00 a.m.

A 45-minute moderate intensity class designed to tone and sculpt the body. This popular class is a blend of cardio and resistance (strength) training that incorporates water weights, noodles, and kick-boards. Improve balance, core, and over-all body strength.

#### Wet & Wild

Exercise Pool

Mondays, Wednesdays, & Fridays 9:00 a.m.

The name says it all! A high energy 45-minute aquatics class that includes a 20-minute cardio segment. Intensity and impact can be varied on an individual basis. Toning exercises utilizing various aquatic equipment will give you a complete workout!

#### Gentle Joints

Exercise Pool

Mondays, Wednesdays, & Fridays 1:30 p.m.

Experience the benefits of water exercise with a low impact 45-minute class that focuses on balance, core strength, and flexibility. Perfect for beginner and intermediate fitness levels.

### Asbury Place Exercise Classes:

11:00am Fit and Stretch: Monday Wednesday Friday

11:00am Tai Chi: Tuesday

2:00pm Balance: Thursday

You are invited to join these Asbury Place (AP) Exercise classes

which meet in Annie's Kitchen 2nd Floor Asbury Place ( AK2)

Questions contact Jessica Tish, AP Wellness Coordinator #1273.



## September 2017

Fitness Walk at Triad Park in Kernersville

Wednesday September 27  
10:00am (Front Lobby)  
w/ lunch afterward ( take money for lunch)  
RSVP deadline Monday 9-25-17  
Call Annie #1210



Home for the Carolina Field of Honor, Triad Park is a joint venture of Forsyth and Guilford Counties. A total of 426 acres have been bought by the counties as a regional centerpiece park which has nature based park facilities nestled in the woods and meadows. The park is an ongoing project, developing in phases with facilities and opportunities to meet the needs of all levels of recreation and leisure - a park for everyone! Walking will be on paved level surfaces.

### September is Healthy Aging Month!

Friday, September 15th  
2:00pm Piner Hall

Dr. John Powers, MD: Novant Cardiology

Dr. Powers will be talking about heart disease, knowing the symptoms and risk factors, and how to prevent heart disease. Heart disease is preventable – he'll talk about how to take care of our bodies through diet and exercise. And if you have heart disease, he'll talk about preventative maintenance for the heart.

He is the son of resident, Ollin Powers.

### Equipment Spotlight for September Hip Abduction/Adduction



**Fleet Feet**  
Thursday September 7th  
2:00pm Front Lobby

Let's go out to the Fleet Feet store off Stratford Road and learn about the latest styles of walking and exercise shoes. Their friendly and knowledgeable staff will assist you in measuring you for a correct fit and also help you select just the right shoe for your Activity/Exercise needs!

RSVP deadline September 5th , via Annie #1210

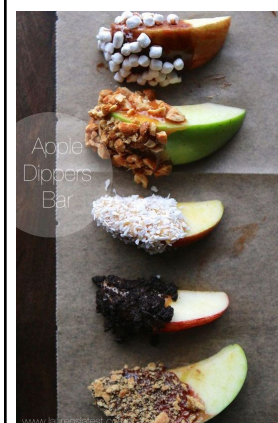


### Wednesday September 6th

Apple Dippin' BAR  
9am –11am

Rotunda Fitness Center  
3rd Floor Corpening Entrance

A variety of Apple slices will be available as well as some wonderfully tasty dips to sample!



Everyone is welcome to come taste the fruit of September!

*It's Apple Dippin' Time !*

### Did you KNOW?



One medium apple, the size of a tennis ball contains about 95 calories and 25 grams of carbohydrate ( about the same amount as two slices of bread).

Apples are a good source of fiber, especially their skins. The peel of an apple contains chromium, a mineral that is important in assisting insulin action. Eating the peeling which is a good source of fiber aides in satiety!

So don't peel that apple before you take a bite, just

WASH It and ENJOY!

Drop by the Apple Dippin' Bar to pick up an Apple Nutrition fact sheet on Wednesday September 6th!

9am –11am. Everyone is Invited!