



Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-----------------------------------|-------------------|------------------------------|-------------------|-----------------------------------|
| 8:00 AM | (W) Hydrotone | (W) Ai Chi | (W) Hydrotone | (W) Ai Chi | (W) Hydrotone |
| 9:00 AM | (W) Aquacize | Yoga | (W) Aquacize | Yoga | (W) Aquacize |
| 9:15 AM | Zumba Toning | | Cardio and Core | | Super Circuit |
| 10:00 AM | Forever Fit | Sit & Be Fit | Forever Fit | Sit & Be Fit | Forever Fit |
| 10:30 AM | Tai Chi for Arthritis and Balance | Find Your Balance | Find Your Balance | Find Your Balance | Tai Chi for Arthritis and Balance |
| 11:00 AM | | | Jolly Volley | | |
| 2:00 PM | (W) Walking Water Workout | Open Pickleball | (W) Walking Water Workout | Open Pickleball | (W) Walking Water Workout |
| 3:00 PM | (W) Shepherd Center | | (W) Shepherd Center | | (W) Shepherd Center |
| 4:00 PM | (W) Shepherd Center Beginner | | (W) Shepherd Center Beginner | | |

(W) = Water Class

Healthy Bones ~ Every Saturday at 11:00 am

Class Descriptions

Land Classes

Zumba Toning

Monday (45 minutes) 9:15 a.m.

Combine fun zumba dance moves that you love with strength training for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Cardio and Core

Wednesday (45 minutes) 9:15 a.m.

Combine aerobic training with bands and weights for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching. All fitness levels are welcome.

Super Circuit

Friday (45 minutes) 9:15 a.m.

Combine a variety of fitness stations using our cardio equipment, and a variety of free weights for upper body strengthening and toning.

Forever Fit

Monday, Wednesday, & Friday (30 minutes) 10:00 a.m.

This moderate intensity workout combines both seated and standing exercises with weights and bands to increase muscle strength, range of motion, and activities for daily life.

Find Your Balance

Tuesday-Friday (25 minutes) 10:30 a.m.

Improve balance and increase stability through a variety of seated and standing gentle exercises designed to challenge both the mind and body. All fitness levels are welcome.

Tai Chi for Arthritis and Balance (45 minutes) 10:30 am

Monday

A key concept in TCA is to do as much loosening of joints, attaining good balance, and strengthening core muscles with as possible while using as little exertion as possible. Participants can do the exercises while standing or sitting.

Healthy Bones (45 minutes) 11:00 am

Saturday

Come join Joy Levine for a fun and gentle stretching and strengthening class designed to help with flexibility and bone density!!! No experience required!

Yoga - Mind, Body, Balance

Tuesdays & Thursdays (45 minutes) 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.

Sit & Be Fit

Tuesdays & Thursdays (30 minutes) 10:00 a.m.

A low intensity seated chair class designed to increase flexibility and improve strength. Hand-held weights, resistance bands, and balls are used for strength and range of movement exercises.

Chair Volleyball

Wednesdays (1 hour) 11:00 a.m.

Come have fun playing seated volleyball with a beach ball!! We laugh, have fun, and get a great workout!! ALL skill levels are welcome!!

Aquatic Classes (Exercise Pool)

Hydrotone

Mondays, Wednesdays, & Fridays (45 minutes) 8:00 a.m.

A fun water exercise class that combines aerobic exercise with resistance training using water weights and noodles. Suitable for all fitness levels, and is gentle on the joints, while harmoniously working the body.

Aquacize

Mondays, Wednesdays, & Fridays (60 minutes) 9:00 a.m.

This class is a combination of toning and aerobic exercises of all intensities to give you a great workout from head to toe!

Walking Water Workout

Mondays, Wednesdays, & Fridays (30 minutes) 2:00 p.m.

Perfect for residents who want a gentle, yet aerobic workout, this class offers a variety of walking exercises using the whole exercise pool. All fitness levels are encouraged to participate. Come walk and stretch and feel the benefits of water fitness!