

## ACTIVE OLDER ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AquaFit</b> 8:05 - 8:55AM	<b>AquaFit</b> 8:05 - 8:55AM	<b>AquaFit</b> 8:05 - 8:55AM	<b>AquaFit</b> 8:05 - 8:55AM	<b>AquaFit</b> 8:05 - 8:55AM	<b>Aqua Instructor Choice</b> 8:05 - 8:55AM
<b>XaBeat Lite</b> 9:10 - 9:55AM	<b>SilverSneakers® Classic</b> 9:00 - 9:45AM	<b>XaBeat Lite</b> 9:10 - 9:55AM	<b>Silver Sneakers® Classic</b> 9:00 - 9:45AM	<b>Gentle Somatic Yoga</b> 9:00 - 10:00AM	
<b>AquaFit</b> 9:05 - 9:55AM	<b>Yogaflow</b> 10:00 - 10:50AM	<b>Chair Yoga</b> 10:00 - 10:45AM	<b>Yogaflow Strength</b> 10:00 - 10:50AM	<b>AquaFit</b> 5:35 - 6:25PM	SUNDAY
<b>AquaFit</b> 6:05 - 6:55PM	<b>SilverSneakers® Splash</b> 12:05 - 12:55PM	<b>AquaFit</b> 6:05 - 6:55PM	<b>AquaFit</b> 12:00 - 12:55PM		<b>AquaFit</b> 1:05 - 1:55PM
					<b>Candlelight Yoga</b> 6:30 - 7:30PM

*\*All Group Fitness classes are included in a membership \*Classes are drop-in style, no pre-registration required \*Class times subject to change*

**AquaFit** | This class combines segments of cardio and strength training using water approved weight resistance tools. AquaFit is designed for all fitness levels using equipment that helps drive a quality aqua experience resulting in a toned and functional body covering strength, cardio, and mobility, well enough to wear you out!

**Candlelight Yoga** | Make a mind body connection that will aid in your body's flexibility and strength. The focus of this class is to learn what the body can do and honor its accomplishments. All levels are welcomed and encouraged. No experience needed. You will be surprised how quickly your flexibility and strength increases.

**Chair Yoga** | Chair Yoga is perfect for anyone who wants to experience the many benefits of yoga without having to get up and down from the floor. Chair yoga is designed to mindfully increase range of motion while making yoga accessible to people recovering from an injury, mobility limitations, or balance concerns.

**Gentle Somatic Yoga** | Through Somatic Movement Flows you will build internal awareness and unlock your body's response to stress and muscular pain. This class is very gentle and all are welcome. Typically, this is primarily a floor-based practice and usually has no hands and knees poses.

**SilverSneakers® Classic** | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.

**SilverSneakers® Splash** | Activate your aqua urge for variety! This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**Yogaflow** | Get your whole system moving and start improving your energy. Learn classical yoga asanas to improve your posture, balance, mobility and flexibility. Instructions on using straps, blocks, bolsters and blankets will be offered. This class is user friendly for all levels of experience.

**Yogaflow Strength** | We build awareness from the ground up establishing whole body communication through the muscles and connective tissue. Our intention is to create better joint health, support protect and stabilize the spine through core strengthening poses, improve energy through the breath and increase overall strength and vitality

**XaBeat Lite** | XaBeat Lite dance-fitness class uses hit music to provide cardio and toning in a party like atmosphere for the active older adult or the beginner dancer. The routines are easy to follow, so you can concentrate on getting good workout and covers the basic moves that are used for a regular XaBeat class.