



Group exercise class schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:45am-9:30am	Stretch & Mobility 8:15am-8:45am	Water Aerobics 8:45am-9:30am	Stretch & Mobility 8:15am-8:45am	Water Aerobics 8:45am-9:30am
Prime Fit 9:45am-10:30am	Core Power 9:00am-9:30am	Prime Fit 9:45am- 10:30am	Core Power 9:00am-9:30am	Prime Fit 9:45am-10:30am
Functional Fitness 10:45am-11:15am	Strong Bones 9:45am-10:15am	Functional Fitness 10:45am-11:15am	Strong Bones 9:45am-10:15am	Functional Fitness 10:45am-11:15am
Line Dancing with Colleen 1:00pm-2:00pm	Fit Circuit 10:30am-11:00am	Balance Builders 11:30am-12:00pm	Fit Circuit 10:30am-11:00am	Balance Builders 11:30am-12:00pm
Gentle Yoga with Stacey 3:45pm-4:30pm	Advanced Tai Chi With George 2:00pm-2:45pm	Gentle Yoga With Stacey 3:45pm-4:30pm	Beginner Tai Chi with George 2:00pm-2:45pm	

**Water aerobics: 45 mins.**

This class emphasizes muscle toning, stretching, and cardiovascular exercise. Utilizing both the water and various props for resistance. A great class great for improving balance and coordination with minimal impact on joints.

**Prime Fit: 45 mins.**

Join this class if you are looking for a moderate to high impact workout that is designed to increase balance, coordination, muscular strength and cardiovascular endurance.

**Functional Fitness: 30 mins.**

These light aerobics class is designed to increase flexibility, strength, coordination and endurance. The exercises are done seated with the use of a ball, band or hand weights.

**Line Dancing: 1 hour**

Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance. This class is ideal for anyone wanting to kick up their heels and have some fun!

**Gentle Yoga: 45 mins.**

This class uses gentle yoga postures that are supported with the use of a chair and the optional use of the mat. Class incorporates movement sequences, breath work, supported meditation, and relaxation. This class is designed to increase awareness and mindfulness of the breath and body, while quieting of the nervous system.

**Balance Builders: 30 mins.**

This fun, low impact circuit class is perfect for anyone who has the desire to increase their balance while simultaneously engaging in mentally stimulating activities designed to increase reaction time that has shown to help maintain independence.

**Stretching & Mobility: 30 mins.**

Leave this class feeling refreshed with this whole body stretch routine. Here we focus on mobilizing all of the major joints in our body including spine, shoulders, and hips. Movements are performed on a mat and incorporate both static and yoga-based dynamic stretching techniques.

**Core Power: 30 mins.**

This is a moderate impact class focusing on building abdominal strength and conditioning core stabilization muscles. We utilize body weight and a large stability ball, hand weights and body weight movements. This has been shown to help alleviate back pain and can improve balance.

**Strong Bones: 30 mins.**

Designed to develop bone health, this class incorporates intentional low impact movements, light resistance and gentle stretching. This class has a focus on strengthening and improving range of motion in the hips, legs, and wrists.

**Fit Circuit: 30 mins.**

Are you looking for a fast paced, energetic workout? Our circuit class incorporates the pneumatic weight machines as well as a variety of balance and free weight movements as you transition from station to station.

**Tai Chi: 45 mins.**

Join our expert George, for a class that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Research has shown that this type of exercise benefits cognition, balance and joint mobility such as those osteoarthritis and other mobility disorders.