

# CHOICE SENIOR FITNESS

## INCLUDED IN MEMBERSHIP

MON	TUES	WED	THURS	FRI	SAT	SUN
	6:00 - 7:00 am Yoga Flow Y1		6:00 - 7:00 am Yoga Flow Y1			
8:00 - 8:45 am Senior Splash Pool Area		8:00 - 8:45 am Senior Splash Pool Area		8:00 - 8:45 am Senior Splash Pool Area	7:45-8:45am Yoga Flow Y1	
9:00 - 9:45 am Senior Splash Pool Area	8:45 - 9:30 am Fun & Fit G2	9:00 - 9:45 am Senior Splash Pool Area	8:45 - 9:30 am Fun & Fit G2	9:00 - 9:45 am Senior Splash Pool Area		
10:00-10:45 am Gentle Yoga Y1	9:45 - 10:30 am SilverSneakers Circuit G2	10:00 - 10:45 am Gentle Yoga Y1	9:45 - 10:30 am SilverSneakers Circuit G2	10:00 - 10:45am Gentle Yoga Y1		
10:30 - 11:00 am Zumba Gold G2						11:45-12:45pm Yoga Flow Y1
11:00 - 11:45 am SilverSneakers Classic Y1	11:00 - 11:45 am Gentlemen's WA Pool Area	11:00 - 11:45 am SilverSneakers Classic G2	11:00 - 11:45 am Gentlemen's WA Pool Area		<b>FITNESS CLASS LOCATIONS</b>  Y1 = Yoga Room (1st Floor)  KR2 = Krank® & Row Room (2nd Floor)  G2 = Large Group Exercise Room (2nd Floor)  C2 = Cycling Room	
12:00 - 1:00 pm Yoga Flow Y1		12:00 - 1:00 pm Yoga Flow Y1		12:00 - 1:00 pm Yoga Flow Y1		
	1:00 - 1:45 pm Senior Splash Pool Area		1:00 - 1:45 pm Senior Splash Pool Area			
5:30 - 6:45 pm Yoga Flow Y1		5:30 - 6:45 pm Yoga Flow Y1				
	6:30 - 7:30 pm Yoga Flow Y1	7:00 - 7:45 pm Intro to Yoga Y1	6:30 - 7:30 pm Yoga Flow Y1			

Updated 2018

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### SENIOR FITNESS CLASS DESCRIPTIONS

#### STRENGTH & TONING

**SS Classic:** SilverSneakers Muscular Strength & Range Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, a ball, and elastic tubing with handles are offered for resistance. (A chair is used for seated and/or standing.)

**SS Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, a ball, & elastic tubing with handles is alternated with non-impact aerobic choreography. A chair is offered for support for head-to-toe stretching & complete relaxation in a comfortable position.

#### STRENGTH & TONING (cont.)

**Fun & Fit:** Designed for exercisers age 50+. This class offers a variety of activities to improve quality of life and an atmosphere that will re-energize.

#### AQUATICS

**Senior Splash Water Aerobics:** 45-minute shallow water workout that eases muscles and joint suffering while providing a light cardio workout.

#### Gentlemen's Water Club:

"Gentler" 45-minute class just for men. This shallow water workout eases muscle & joint suffering while providing a light cardio workout & strength training with aqua resistance tools.

#### DANCE

**Zumba® Gold:** A slower paced aerobic dance class that infuses Latin rhythms and easy to follow moves for a fun, different and effective workout.

#### YOGA

**Intro to Yoga:** 30-minute class that offers a beginning level opportunity for those who want to learn the basics and prepare for more advanced classes.

**Gentle Yoga:** A 45-minute class of basic yoga poses. Provides beginners an excellent introduction where they can learn to focus on breathing and alignment, while allowing more advanced students to focus on the foundations of their practice. Modifications are provided.

**Yoga Flow:** This Vinyasa style class is a great way to get the body moving, release toxins & calm the mind. Joining physical postures, or asanas, with inhales & exhales, creates a steady internal rhythm; building heat, endurance, flexibility, strength & focus.

