

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					Yoga Stretch
10:00 AM	Seniorcize Advanced	Mat Pilates	Seniorcize Advanced	Total Tone	Mat Pilates
11:00 AM					
NOON					
1:00 PM	Senior Sneakers		Senior Sneakers		
6:00 PM					

Class Descriptions

Mat Pilates:

Each class will work to balance all muscle groups while working on strength and flexibility. Emphasis on challenging the core muscles with each movement. Classes will blend the classical Pilates Method with exercise variations by using props and light weights.

All ability levels

Morning Stretch:

Stretching in the morning can be a relaxing way to wake up energized and boost that feel-good serotonin. Plus, stretching moves and yoga poses may help ease muscle stiffness, increase range of motion, reduce pain, and improve your posture

Seniorcize:

Have fun and move to the music through a variety of exercises designed to increase muscular and cardiovascular conditioning, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and an exercise ball are offered for resistance

Intermediate to Advanced

Senior Sneakers for Beginners:

This is a full-body workouts designed to improve strength and increase the overall mobility of participants. This includes some light and easy-to-follow strength and endurance training with specific focus on balance. Most exercises will be done seated in a chair. Standing exercises may be assisted by the chair.

This class is for beginners or post surgery

Total Tone: A full body workout working on strength and flexibility. Class will use weights, bands, balls, and your body for a complete toning workout.

All ability levels

Yoga: Gentle yoga styles help to get the body out of stress-mode, release tension, calm the nervous system, gain clearer thinking, and even restore an overall sense of balance to the body, the mind and the soul



"LIKE" our facebook page to find out about all the latest information, class changes, specials and pictures! Check out our schedule.