



# SOCIAL. HEALTHY. FUN

## LAND FITNESS CLASSES

Revised 9/5/18

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15am				Tai-Chi	
9:15-10:00am		Forever Fit A-Gym		Forever Fit A-Gym	
10:00-11:00am		Senior Strength Cardio/Nautilus Room		Senior Strength Cardio/Nautilus Room	
10:30-11:15am		Pure Gold A-Gym		Pure Gold A-Gym	
11:15am-12:00pm	Pure Gold		Pure Gold		Pure Gold
11:30-12:10pm		ZUMBA Gold Fitness Room		Line Dancing Fitness Room	

## WATER FITNESS CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30am	Deep Water Fitness		Deep Water Fitness		Deep Water Fitness
8:30-9:30am	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Rusty Hinges	Deep Water Fitness
9:30-10:15am	Aquacise	Water Aerobics	Aquacise	Aqua HIIT Hi-Yo	Aquacise
	Deep Water Challenge		Deep Water Challenge		Deep Water Challenge
7:00-8:00pm		Aquahigh Deep Water Fitness		Aquahigh Deep Water Fitness	



## Classes are free to members.....no need to sign up.

As with any exercise program, please consult your physician before beginning any class.



## LAND FITNESS CLASSES

**Tai-Chi** "meditation in motion" This practice promotes serenity while connecting the mind & body. Each movement flows into the next without pause. Fee: Y-Members Free

General Public \$50/session

### **Zumba Gold®**

Fuses International rhythms & easy to follow moves to create a one-of-a-kind fitness program. This dance fitness class involves modified movements & pacing.

### **Forever Fit**

45 minute class incorporates stretching, cardiovascular workout & chair exercises.

### **Pure Gold**

Provides functional, daily exercise activities to improve overall strength, flexibility, posture & balance. A chair is available for seated or standing support, stretching & relaxation.

### **Senior Strength:**

Fitness Staff instructor will assist your workout in our express circuit.

## WATER FITNESS CLASSES

### **Rusty Hinges**

For those who are living with arthritis or other conditions that can be helped by mild range of motion exercises in the water.

General Public \$50/10 classes

### **Water Walking**

Excellent low impact workout! Walk or jog through deep water. Participants should be comfortable in deep water. Done on own.

### **Deep Water Challenge**

High intensity interval workout in deep water incorporating upper and lower body exercises. Uses a float belt.

### **Aquacise**

Exercise done in shallow water. Includes, stretching, aerobics, walking & cool down.

### **Aquahigh**

Exercise in shallow water. Includes warm-up & stretching followed by high-level aerobics, finishing with a cool-down.

### **Deep Water Fitness**

Participants wear float belts for a low impact workout in deep water, incorporating upper and lower body exercises for toning and improving core body strength.

