



SOCIAL. HEALTHY. FUN

LAND FITNESS CLASSES

Revised 5/1/19

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15am				Tai-Chi	
9:15-10:00am		Forever Gold A-Gym		Forever Fit A-Gym	
10:00-11:00am		Senior Strength Circuit Cardio Room		Senior Strength Circuit Cardio Room	
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
8:30-9:30am	Deep Water Fitness	Rusty Hinges	Deep Water Fitness	Rusty Hinges	Deep Water Fitness
9:30-10:15am	Hydro Splash	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.

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 CIRCUIT TRAINING: 30 minute circuit workout using the Nautilus strength equipment located in the Cardio Room. Participants will be led thru the circuit with intervals of balance work and stretching. No need to register- instructor will meet you by the equipment each Tuesday and Thursday!

NEW ! FOREVER GOLD: Join us in the A gym for this fusion of our two land classes (Forever Fit & Pure Gold). Class will incorporate chair based movements utilizing hand weights, resistance tubing and small training balls. Balance work and flexibility will be focused on throughout the class.

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.

Hydro Splash

Deep end class designed to increase agility, range of movement and cardio endurance.

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.

