

GROUP FITNESS | DROP-IN PROGRAM SCHEDULE | ACTIVE OLDER ADULT | REVISED OCT 4, 2024

PROGRAMS ARE OPEN TO ALL PATRONS 12+ YEARS. FOR PROGRAM DESCRIPTIONS AND INTENSITY RATINGS, SEE BELOW

THESE CLASSES ARE SUITABLE FOR ALL FITNESS LEVELS, INCLUDING FOR OLDER ADULTS, BEGINNERS, THOSE LOOKING FOR A LOW IMPACT WORKOUT OR RECOVERING / RETURNING FROM AN INJURY

AM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
TAI CHI 8:45-9:45AM MPR 208 Glen <i>*Time & Location change starts Oct 6</i>	YOGA HATHA 9:15-10:15AM MPR 208 Anne C <i>*Starts Oct 21</i>	ESSENTRICS 9:45-10:45AM Studio 204 Liz	YOGA CHAIR 9:30-10:30AM MPR 208 Sam J	ESSENTRICS 9:30-10:20AM MPR 208 Tara	YOGA HAPPY HIPS 9:15-10:15AM MPR 208 Anne C	YOGA HATHA 8:45-9:45AM MPR 208 Anne P
		RECOVERY STRETCH 10:15-10:45AM MPR 208 Cindy	YOGA HATHA 10:45-11:45AM MPR 208 Sam J	YOGA HATHA 10:30-11:30AM MPR 208 Tara	YOGA CHAIR 10:30-11:30AM MPR 208 Anne C	
		LIVING FIT 11AM-12PM Studio 203 Elaine		LIVING FIT 11AM-12PM Studio 203 Carla		
				PILATES MAT 11:45AM-12:15PM MPR 208 Tara		
PM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
	YOGA CHAIR 2-3PM MPR 208 Anne P	YOGA GENTLE 12-1PM MPR 208 Anne C	PILATES MAT 6-6:50PM MPR 208 Cindy	YOGA YIN 7-8PM MPR 208 Anne C		
	YOGA HAPPY HIPS 6-6:50PM MPR 208 Anne C	YOGA HATHA 7:15-8:15PM MPR 208 Megan S	YOGA HATHA 7-8PM MPR 208 Megan S			
	PILATES MAT 7-7:50PM MPR 208 Cindy					

**Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.*

**Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends*



ACTIVITY DESCRIPTIONS & INTENSITY RATING

ESSENTRICS®	2	This class provides a dynamic, deep, full-body stretch that will work through all of your joints and release tight muscles. Effective for injury recovery and prevention, pain-relief, stress relief, and promoting healing. <i>*Please bring your own yoga mat.</i>
HARD CORE	3-4	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
LIVING FIT	3-4	Move better, live FIT! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities. This class is also suitable for beginners, anyone looking for a low impact workout, and/or recovering from an injury.
PILATES MAT	3	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises. <i>*Please bring your own yoga/pilates mat and a towel.</i>
RECOVERY STRETCH	1-2	Give your body the TLC it deserves. Improve your performance and enhance your recovery through stretching and myofascial release techniques. Targeted stretching and release will help injury prevention, increase flexibility and improve posture. Move better, feel better.
TAI CHI	2	Learn traditional Yang-style Tai Chi movements. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone.
YOGA	2-4	Chair - Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor. No Yoga mats required, chairs are provided. Flow - Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength and mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance. Happy Hips - Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy. Hatha Gentle - Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle, achievable practice that is relaxing, calming and stress-relieving. Hatha - Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga. Yin - Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body's connective tissues; ligaments, tendons, and fascia - with the aim of increasing circulation in the joints and improving flexibility. <i>*Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.</i>

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

