

ACTIVE OLDER ADULT | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | OCT 12 - DEC 18

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

	SUN	MON	TUE	WED	THU	FRI	SAT
ESSENTRICS® - STRETCH N' TONE			10:30-11:30AM Studio Christine			10:30-11:30AM Studio Christine	
LIVING FIT				9:15-10:15AM Studio Elaine			
LIVING STRONG		9:15-10:15AM Studio Johanna				9:15-10:15AM Program Studio Jen D/Kelly	
PILATES MAT			12-1PM Studio Raena				
YOGA		10:30-11:30AM HATHA Studio Alia	6:30-7:30PM HATHA Studio Ryan		9:15-10:15AM HATHA Studio Tasha 12-1PM PILATES FUSION Studio Shannon		

*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.

ACTIVITY DESCRIPTIONS & INTENSITY RATING

ESSENTRICS® - STRETCH N' TONE	2-3	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended.
LIVING FIT	3	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.
LIVING STRONG	3	Move better, live STRONG! In this strength-training focused class, you'll improve strength, balance and coordination with a variety of resistance training exercises specifically designed for older adults or those new to fitness.
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.
YOGA - HATHA	2-4	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. Yoga mats are not provided.
YOGA PILATES FUSION	3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga mats are not provided.

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

