

Older Adult Group Fitness



SCHEDULE EFFECTIVE MARCH 13, 2017

MONDAY

9:00-10:00am	SilverSneakers Circuit	A	Kris	NEW!
10:10-11:10am	Corepole MIX	A	Kris	New Time
11:15-12:15pm	Zumba Gold	A	Sherri	

TUESDAY

9:00-10:00am	SilverSneakers Circuit	A	Lori
10:00-11:00am	Zumba Gold	A	Lily
11:05am-12:00pm	Chair Yoga	MB	Kelly

WEDNESDAY

9:00-10:00am	Total Body Tune-Up*	A	Melissa
10:05-11:05am	SilverSneakers Classic	A	Janet
11:10am-12:10pm	Asian Fusion	1	Janet

THURSDAY

9:00-10:00am	Zumba Gold - Toning	MB	Joy
10:00-11:00am	Corepole 'n Sculpt*	A	Emily
10:05-11:05am	Chair Yoga	MB	Kelly
11:10-12:00pm	Gentle Yoga	MB	Kelly

FRIDAY

9:00-10:00am	Tai Chi/Qigong	A	Jan
10:00-11:00am	Ballet Barre Sculpt \$	WS	Lily
11:00am-12:00pm	SilverSneakers Classic	A	Melissa

SATURDAY

10:30-11:30am	Corepole 'n Sculpt*	A	Mary
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*ADVANCED CLASS

KEY: MB - Mind Body Studio A - Agility Room
1 - Studio 1

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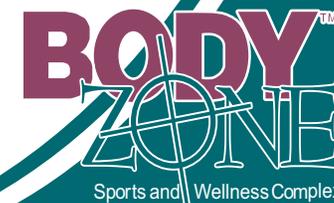
3103 Paper Mill Rd • Wyomissing • 610-376-2100

We Welcome Your Feedback!

Classes are ongoing. Bring a water bottle. Wear comfortable sneakers and layered clothing (during winter months).

For information about this schedule, please contact:

Sarah Vecchio, Director of Group Fitness
svecchio@bodyzonesports.com
610-376-2100 x330



CLASS DESCRIPTIONS

SILVERSNEAKERS® SIGNATURE FORMATS

SilverSneakers Classic (formerly MSROM) — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Circuit (formerly Cardio-Circuit) — Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching and complete relaxation in a comfortable position.

FEE-BASED CLASSES

Ballet Barre Sculpt \$

Tone, lengthen and strengthen your muscles through fun exercises utilizing basic ballet and Pilates principles of alignment, core strengthening, stretching, muscle toning and lengthening.

Fridays @ 10 AM

\$50 per 4-class session or \$20 drop in fee

March session: March 10, 17, 24 and 31

April session: April 7, 14, 21 and 28

May session: May 5, 12, 19 and 26

- Fees are for four-week sessions unless indicated otherwise
- Register at Guest Services or online at bodyzonesports.com/WellnessStudio

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SOMETHING MORE

Cardio and Strength — Combining cardiovascular and muscular endurance while standing. Upper body and lower body strength work while using many different fitness props, including handweights, a ball and elastic tubing.

CorePole 'n Sculpt — Working as a group, exercises progress from single to multi-muscle movements using simple choreography executed on a unique fitness tool called the Corepole. Emphasis will be placed on form, technique and core awareness. Gains in strength are made utilizing the Corepole resistance bands.

Corepole Mix — Anything goes in this class! You will use many different fitness props, including the Corepole to maximize a full body cardio and toning workout.

Total Body Tune-Up — A total body workout that includes 30 minutes of easy-to-follow low-impact aerobics, followed by 30 minutes of standing strength conditioning with weights and/or resistance bands, balance exercises, and standing stretches. Exercises will vary weekly to keep your muscles and your mind motivated and moving! This class is ideal for active older adults and beginning exercisers of any age.

Zumba® Gold — Zumba® blends low-impact moves with Latin dance to create a fun, energizing, calorie-burning workout. Zumba® Gold is specifically suited for active older adults and the deconditioned exerciser.

Zumba® Gold - Toning — A latin inspired dance and tone program that combines low-impact cardio with resistive exercises to improve overall performance. (1 - 2 lb weight is optional)

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MIND & BODY

Asian Fusion — Practiced over 3000 years by Asians, this priceless blend of Tai Chi, Qi Gong, Yoga and Acupressure Points Tapping incorporates continuous, gentle movements to purify and rejuvenate the whole body. Demonstrated benefits include strengthening of the immune system, alleviating aches and pains, improving posture, balance, coordination, endurance and flexibility, replacing feelings of fear and anxiety with tranquility and confidence, increasing memory and mental clarity, and releasing tension from the body and mind. This class is appropriate for all, from athletes to older adults. Generally performed all standing, but participants can do the class seated if needed.

Chair Yoga — You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to be safely performed in a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing and final relaxation will finish the class.

Gentle Yoga — Caught between Chair Yoga and Yoga Basics? This class is for you! It is perfect for those who want a soft, slow-paced, relaxing Yoga class. There will be a series of gentle Yoga poses practiced both standing and on the floor.

Tai Chi/Qigong — This class merges Tai Chi and Qigong--with the goal of improving mind/body health. Physical benefits include improved posture, balance, coordination, endurance, and flexibility. Mental benefits include reduced stress and improved awareness and mental clarity. Continuous gentle movements combined with breathing create meditation in motion. This class is appropriate for anyone who wants to experience the benefits of tai chi and qigong, from athletes to older adults, but can be modified for those with movement limitations, arthritis, fibromyalgia, and autoimmune conditions. Generally performed all standing, but participants can do the class seated if needed.