Active Aging Group Fitness

ENDORSED BY SILVER&FIT

SilverSneakers

SCHEDULE EFFECTIVE MARCH 9, 2020 - SUBJECT TO CHANGE

Designed for the older adult to improve daily activities.

MONDAY

9:00-10:00 AM	SilverSneakers Circuit	A	Melissa
10:05-11:00 AM	Senior Fit *ADVANCED*	A	Uma
11:05-12:05 PM	Zumba Gold	A	Sherri

TUESDAY

9:10-10:00 AM	Tabata Total Body *ADVANCED*	A	Chris
10:05-10:55 AM	SilverSneakers Classic	A	Chris
11:30-12:30 PM	Chair Yoga	MB	Uma

WEDNESDAY

9:00-10:00 AM	Total Body Tune-Up *ADVANCED*	A	Melissa
10:05-11:05 AM	SilverSneakers Classic	A	Janet
11:10-12:10 PM	Asian Fusion	MB	Janet

THURSDAY

9:00-10:00 AM	Corepole Mix ADVANCED	A	Susan
9:00-10:00 AM	Zumba Gold- Toning	MB	Joy
10:00-10:15 AM	Senior Core Strong *ADVANCED*	A	Susan
10:00-10:45 AM	Senior Cycle	CS	Emily
10:05-11:05 AM	Beginner Yoga	MB	Uma
11:10- 12:00 PM	Chair Yoga	MB	Uma

FRIDAY

9:00-9:50 AM	Stretch and Balance	A	Jackie
10:00-10:55 AM	Tai Chi /Qigong	A	Jan
11:00-12:00 PM	SilverSneakers Circuit	A	Melissa

SATURDAY

10:15-11:15 AM	Corepole 'n Sculpt *ADVANCED*	A	Mary

Get Prepared For Class:

- Please do not enter a studio until the previous class has exited the space.
- Bring a water bottle.
- Wear comfortable sneakers.

KEY: MB - Mind Body Studio; A - Agility Room; 1 - Studio 1; CS - Cycling Studio

For the latest schedule:
bodyzonesports.com/groupfitness

BODY ZONE™ Sports and Wellness Complex

CLASS DESCRIPTIONS

SOMETHING MORE

Corepole Mix — ADVANCED — Advanced Senior class using multiple fitness tools like Bosu balls, weights, tubing, body bar; this class will hit the whole body! Please note that participants will be going down onto the floor for some mat work.

Corepole 'n Sculpt — ADVANCED — 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.

Senior Core Strong — Making the most of a quick 15 minutes to focus solely on strengthening the core muscles. Participants will be down on a mat for this class, using multiple props, including a small fitness ball to maximize effort with stabilizing the spine.

Senior Fit — ADVANCED — A total body workout utilizing free weights and resistant tubes. There will be intervals of cardio and muscle conditioning. Be prepared to go down to the floor for mat work to focus on a strong core, working your abdominals and lower back to keep you strong for life!

Stretch and Balance — This class offers a mixture of balancing poses and stretching to increasing flexibility and range of motion as well as injury prevention. You will be stretching standing and on the floor.

Tabata Total Body — For Active Aging Adults ready to work hard! 20 seconds of work, 10 seconds of rest, with focus on the entire body. This class will use dumbbells, balls, and more to bring strength and cardio together. *There will be some floor work at the end of class.

Total Body Tune-Up — ADVANCED — 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)

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.

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.

Beginner Yoga — Caught between Chair Yoga and Yogabasics? This class is for you! It is perfect for those who are new to yoga and are looking for a slow paced, relaxing class. There will be a series of basic yoga poses practiced in both sitting and standing. *Must be able to be on knees and move up and down from the floor easily.

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 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.