

Active Aging Fitness Schedule

SCHEDULE EFFECTIVE JULY 13, 2020



SilverSneakers®

LOCATION: Basketball court on first floor. The new home for our older adult and SilverSneakers classes until further notice.

All participants must follow these NEW class guidelines to ensure a safe, healthy and comfortable experience for all:

- Check in at Guest Services before every class.
- **IMPORTANT:** Body Zone Social Distancing rules apply before and after class.
 1. Before class begins and upon entering the court, please identify a distancing sticker to means you have eight feet around you at all times.
 2. Please keep your distance from others when gathering, cleaning and replacing your equipment.
 3. When class ends, and after your equipment is cleaned, we ask all participants to exit the court and Body Zone's first floor spaces. Please conduct any social activity outside of Body Zone. If you are doing back to back classes, please wait for your next class in the large hallway near our first field. Please practice social distancing when waiting -- six feet apart.
- Active Aging classes are first come, first served. You may not reserve your spot in advance by using a personal object or etc. This applies to back to back classes you may be taking as well.
- Other Body Zone group fitness classes have a max capacity and must be booked in advance via our MemberMe+ app. See Guest Services for more information.
- Please wipe all equipment before and after use.
- Please bring your own yoga mat for classes that apply.

MONDAY

| TIME | CLASS | INSTRUCTORS |
|------------------|--|-------------|
| 10:00 - 10:50 AM | SilverSneakers Circuit New Time | Jackie |

TUESDAY

| TIME | CLASS | INSTRUCTORS |
|------------------|------------------------|-------------|
| 9:00 - 9:50 AM | SilverSneakers Classic | Jean |
| 10:00 - 10:50 AM | Senior Fit – ADVANCED | Uma |
| 11:00 - 11:50 AM | Chair Yoga | Uma |

WEDNESDAY

| TIME | CLASS | INSTRUCTORS |
|------------------|---------------------------|-------------|
| 9:00 - 9:50 AM | Circuit New! | Edwena |
| 10:00 - 10:50 AM | SilverSneakers Classic | Janet |

THURSDAY

| TIME | CLASS | INSTRUCTORS |
|------------------|---------------------|-------------|
| 9:00 - 9:50 AM | Stretch and Balance | Jackie |
| 10:00 - 10:50 AM | Zumba Gold | Joy |
| 11:00 - 11:50 AM | Chair Yoga | Uma |

FRIDAY

| TIME | CLASS | INSTRUCTORS |
|------------------|-------------------------------|-------------|
| 9:00 - 9:50 AM | Total Body Tune-Up – ADVANCED | Sue |
| 10:00 - 10:50 AM | Tai Chi/Qigong | Jan |

For information about this schedule, please contact:

Sarah Vecchio, Director of Fitness
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610-376-2100 x330

bodyzonesports.com/groupfitness



Class Descriptions

Asian Fusion

Asian Fusion class is a 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 and more. 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

Participants will engage in 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.

Circuit

Have fun and work hard in this cardio and strength circuit class! Focus is on the total body with abdominal work on a chair.

Senior Fit ADVANCED

This class is a total body workout utilizing free weights and resistant tubes. There will be intervals of cardio and muscle conditioning. Be prepared to be on the floor for mat work to focus on a strong core, as you work your abdominals and lower back to keep you strong for life.

SilverSneakers Classic

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

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.

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.

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. Class can be modified for those with movement limitations, arthritis, fibromyalgia and autoimmune conditions and is generally performed all standing, but participants can do the class seated if needed.

Total Body Tune-Up ADVANCED

This class is 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.