

# Keep It Moving Fitness Challenge

**For Body Zone's Older Adult Community**  
**August 21 - September 3, 2023**

## Your Challenge:

Walk the track, take an Active Aging new group fitness class (see modified schedule on reverse side) or a class from our main group fitness schedule or join us for an educational weight/cardio training class ... Just *Keep It Moving* during the two-week challenge by mixing up your fitness at Body Zone.

## Special Programs | Sign Up At Guest Services

### **Monday, August 21: 10:00-10:30 AM**

Introduction to Resistance (Strength) Training: Precor Machines

### **Tuesday, August 22: 10:00-10:30 AM**

Introduction to Cardio Training: Cardio Loft Equipment

### **Thursday, August 24: 10:00-10:30 AM**

Introduction to Resistance (Strength) Training:  
Plate-Loaded Precor Machines

### **Monday, August 28: 10:00-10:30 AM**

Introduction to Resistance (Strength) Training:  
Free Motion Machines

### **Tuesday, August 29: 10:00-10:30 AM**

Introduction to Cardio Training: Cardio Loft Equipment

### **Thursday, August 31: 10:00-10:30 AM**

Introduction to Resistance (Strength) Training: Precor Machines

## About Introduction to Resistance & Cardio Training Classes by BZ Trainer Michelle Harris:

Resistance and cardiovascular training outside of group fitness classes is key to improving quality of life. Resistance training is a great way to increase muscle mass while cardiovascular training helps improve endurance. Let's get strong and more fit so we can be more active and have more fun in our daily lives!

## Win A Great Raffle Prize!

Earn a raffle ticket every time you check-in and work out and you could win a great prize!

### **TWO lucky raffle winners**

will win the following:

\$129 MYZONE heart-rate belt or \$80  
Berkshire Family Restaurant gift card  
(perfect for breakfast or lunch with  
your BZ workout buddies)



# Modified Active Aging Group Fitness Schedule August 21 - 31, 2023

Space is limited for these classes. First come, first served.

## Week of August 21

### Monday, August 21

Time	Class	Instructor	Location
10:45-11:35 AM	SilverSneakers Circuit	Edwena	Blue Studio

### Tuesday, August 22

Time	Class	Instructor	Location
10:30-11:20 AM	SilverSneakers Circuit	Karen	Blue Studio

### Thursday, August 24

Time	Class	Instructor	Location
9:15-10:05 AM	SilverSneakers Circuit	Edwena	Blue Studio
11:00-11:50 AM	Chair Yoga	Michelle	Mind Body Studio

## Week of August 28

### Monday, August 28

Time	Class	Instructor	Location
10:45-11:35 AM	SilverSneakers Circuit	Jackie	Blue Studio

### Tuesday, August 29

Time	Class	Instructor	Location
10:30-11:20 AM	Stretch and Balance	Jackie	Mind Body Studio

### Wednesday, August 30

Time	Class	Instructor	Location
11:00-11:50 AM	Tai Chi Fusion	Kathy	Mind Body Studio

### Thursday, August 31

Time	Class	Instructor	Location
11:00-11:50 AM	Chair Yoga	Michelle	Mind Body Studio

