

March 2020 Gym & Pool Schedule

Monday:

7:00 - 8:30 am Lap Swim
 8:30 - 9:00 am Aqua Circuit
 9:00 - 10:00 am Tai Chi
 9:00 - 9:30 am Social River Walking
11:00 - 11:45 am SilverSneakers® Stability
 12:00 - 12:45 pm Cardio-Yoga Combo
 1:00 - 1:45 pm Ai Chi
 3:00 - 4:30 pm Lap Swim

Tuesday:

7:00 - 9:00 am Lap Swim
9:00 - 9:45 am Aqua Cardio Strength
10:00 - 11:00 am Silver Sneakers® Classic
1:00 - 1:45 pm Yoga Stretch
 2:00 - 2:45pm CYBEX Basics by apt.
 3:00 - 4:30 pm Lap Swim
 3:30 - 4:30 pm Tai Chi

Wednesday:

7:00 - 8:30 am Lap Swim
 8:30 - 9:00 am Aqua Circuit
 9:00 - 10:00 am Tai Chi
 9:00 - 9:30 am Social River Walking
11:00 - 11:45 am Silver Sneakers® Stability
12:00 - 1:00 pm SilverSneakers® Circuit
 1:00 - 2:15 pm Pickelball

Thursday:

7:00 - 9:00 am Lap Swim
9:00 - 9:45 am Aqua Cardio Strength
10:00 - 11:00 am SilverSneakers® Classic
 1:00 - 2:00 pm Parkinson's Network
 3:30 - 4:30 pm Tai Chi

Friday:

7:00 - 8:30 am Lap Swim
 8:30 - 9:00 am Aqua Circuit
 9:00 - 9:30 am Social River Walking
 9:30 - 10:15 am Yoga
 11:00 - 11:45 am Aqua Strength
 1:00 - 2:00 pm Tai Chi

Saturday:

9:30 - 10:15 am Aqua Zumba
 10:30 - 11:00 am Social River Walking
 12:00 - 1:30 pm Lap Swim

Sunday:

9:00 - 10:30 am Lap Swim
 10:30 - 12:00 pm Drop-in Aqua Volleyball
 11:00 - 12:00 pm Yoga

Wellness Center Hours

Mon. & Wed.: 7am - 7pm

Tuesdays & Thursdays 7- 8pm,

Fri. 7am -3pm Sat. & Sun. 9-2

The Pool closes 30 mins before

Center closes

Pool Closures: for Annual Cleaning

April 8-13, 2020 Open April 14

Wellness Center will be

Closed Easter and Passover



Ai Chi

Ai Chi is a form of aquatic exercise used for recreation, relaxation, fitness, and physical rehabilitation Ai Chi uses breathing techniques and progressive resistance training in water to relax and strengthen the body, based on elements of qigong and Tai chi chuan.

Aqua Cardio Strength

High intensity cardio class combined with strength exercises using weights and noodles. This class is geared for a higher fitness level and is intended to be challenging.

Aqua Circuit

A fantastic way to build strength and stamina! This water class combines cardio and strength while using the current channel for resistance. Hand weights are optional. All ability levels welcome.

Aqua Zumba®

Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Latin rhythms are incorporated into this fun dance based class.

Cardio-Yoga Combo

Combo of cardio movement and yoga. 15 minutes of cardio to raise heart rate plus 30 minutes of chair and standing yoga with stretching. Intensity varies as yoga poses can be modified to fit any ability level.

Drum Circle

Wednesday,

March 25th

1pm



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CYBEX Basics

Learn the operation and set up of the CYBEX strength and cardio equipment. A great way to add workout variety..

Parkinson's Network Class –Free

A specialized class to benefit individuals with Parkinson's, MS, and traumatic brain injury. This class uses exercises that target: Muscle stiffness, fine-motor tasks, slow movements, posture and coordination, stability, acquisition of new knowledge and multi-tasking, and improved gate and range of motion.

SilverSneakers® Classic-Free

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers® Circuit– Free

Workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball. A chair is available for support. This class is available for a variety levels.

SilverSneakers® Stability– Free

This class is designed to help adults become stronger, improve balance, and decrease the risk of falling. The focus is on exercises that improve strength and power around the ankle, knee and hip joints. Stability helps protect independence.

Social River Walking Free

Come meet new friends or visit with old ones and stroll along the lazy river! Have fun meeting and visiting and, of course, working your body as you walk the lazy river.

Tai Chi

A traditional form of Chinese medicine that promotes personal energy for self-healing and well being. The emphasis is on correct body posture and spinal alignment. Practicing tai chi releases tension and pressure caused by slumping— improved posture improves the digestive system and removes stress from the back.

Yoga

Effective way to stretch and tone muscles and reduce stress. Learn some popular yoga poses which work to promote circulation, balance, and flexibility. Build a strong spirit, mind, and body.

Yoga Stretch

Gentle Yoga and stretches to restore your energy and help your body feel good.

Some chair and some mat exercises will be used. Yoga for all ability levels.

Attention! Lap Swimmers

One lap lane is dedicated to our swimmers. Lap swimming is only allowed during non-class time.

Please coordinate with other members in the pool so that everyone can get their water time. Thanks!

MOVE YOUR MIND

Brain Fitness Series

Starting March 2nd

2:30 pm—3:30 pm

**Every Monday thru April 20th
Nutrition, Exercise and overall
wellness and brain function.**

Class Fees

\$3 per class (members); \$5 (drop-ins)

For NON-Silver Sneakers Classes.

\$25 Unlimited Classes per month

Or \$250 per year

Pickle Ball Skills & Drills

March 4, 11, 18,

Wednesdays 1:00-2:00 pm

\$30 for 3 Classes