# JULY FITNESS SCHEDULE 2021

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 8:30 AM–9:30 AM | **AQUA AEROBICS**<br>CINDY I POOL | | **AQUA AEROBICS**<br>CINDY I POOL | | **AQUA AEROBICS**<br>CINDY I POOL | |
| 9–10 AM | **PILATES**<br>PATTI I MBR | **FITNESS CONNECTION**<br>CINDY I MBR | **PILATES**<br>PATTI I MBR | **FITNESS CONNECTION**<br>CINDY I MBR | **PILATES**<br>PATTI I MBR | **AQUA AEROBICS**<br>CINDY I POOL |
| 10–11 AM | | | | | | **STRETCH & STRENGTH**<br>MARY I MBR |
| 10:15-11:15 AM | **TAI CHI**<br>FRANK I MBR | **STRETCH & STRENGTH**<br>MARY I MBR | **SPRK**<br>PATTI I MBR | **TAI CHI**<br>FRANK I MBR | **STRETCH & BREATHE YOGA**<br>GRETCHKA I MBR | |
| 10:15–11:15 AM | | **AQUA AEROBICS**<br>CINDY I POOL | | **AQUA AEROBICS**<br>CINDY I POOL | | |
| | | | | | | |
| 11:30 –12:30 PM | | | **STRETCH & BREATHE YOGA**<br>GRETCHKA I MBR | | **LOW IMPACT AEROBICS**<br>KATHY I MBR | |
| 11:45 AM–12:45 PM | **BOOT CAMP**<br>KATHY I MBR | | | **BOOT CAMP**<br>KATHY I MBR | | |
| 1–2:00 PM | **LOW IMPACT AEROBICS**<br>KATHY I MBR | | | | | |
| 3:00 PM–4:00 PM | | **BELLY DANCING CLASS**<br>BARBARA I MBR | | **LINE DANCING**<br>SUE \| MBR | | |
| 7:00 PM–8:00 PM | | **CIRCUIT TRAINING**<br>KATHY I FITNESS CENTER | | | | |

Victoria Gardens

MPR: MULTIPURPOSE

MBR: MAGNOLIA BALLROOM

EVERGREEN
LIFESTYLES MANAGEMENT

# CLASS DESCRIPTIONS

BOOT CAMP This class has a fun circuit-style class using body weight and non-traditional exercises to help lose weight and gain strength.

FITNESS CONNECTION a class design to address all levels of fitness in one exciting hour! The hour will be divided into twenty minute periods to include: Cardio, Resistance Training, incorporating weights and tubing, and relaxation including balance, core, flexibility, and range of motion. This class encourages participants to challenge themselves while offering modifications so each resident can work at his/her own level. (Chairs available). Here is an opportunity to reconnect with your friends! If you have never taken a group exercise class before or just returning, here is a class you may want to try. You will not be disappointed!

LINE DANCING This is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines without physical contact with each other. It accompanies many popular music styles including country, pop, rock, disco and jazz. This is a great way to give the body a fun work out. Memorizing routines is essential and is therefore a great exercise for the brain as well as the body.

LOW IMPACT AEROBICS Combines movement and music to improve your cardiovascular and muscular strength with a standing, dynamic workout. Upper and lower body strength work, as well as balance and flexibility are incorporated. If needed, a chair is available during floor exercises and stretching.

PILATES A unique form of simple, precise and effective exercise. Pilates exercises strengthen the joints and muscles used in everyday actions like walking, sitting, twisting, bending, and lifting. With Pilates training the correct movements become automatic and you will sit, stand and move better.

STRETCH AND BREATHE YOGA This class will move your entire body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Stretch and breathe yoga is designed to relieve pain and enhance well being.

TAI CHIHelps promote balance, flexibility, stamina and endurance. The health benefits range from lower blood pressure, memory enhancement, detoxification and joint health.

ZUMBA GOLD Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Benefits: Class focuses on all elements for fitness: cardiovascular, muscular conditioning, flexibility and balance!