

**SENIOR CENTER EXERCISE CLASSES**

Fall 2017/Winter 2018

**ZUMBA GOLD**

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

Code	Day	Dates	Time	Cost
4221	Tuesday/Friday	11/3-11/28*	9:00 – 10:00am	\$27.00R/\$30.00N
4223	Tuesday/Friday	12/1-12/19	9:00 – 10:00am	\$27.00R/\$30.00N
4225	Tuesday/Friday	1/9-1/30	9:00 – 10:00am	\$31.50R/\$35.00N

\*No class on 11/10, 11/24

**ZUMBA TONING**

This class is designed to develop every major muscle group in an efficiently paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training, resulting in muscle strength, increased bone density, and improved mobility, posture and coordination.

Code	Day	Dates	Time	Cost
4215	Wednesday	11/1-11/29	9:00 – 10:00am	\$22.50R/\$25.50N
4216	Wednesday	12/6-12/20	9:00 – 10:00am	\$13.50R/\$16.50N
4217	Wednesday	1/10-1/31	9:00 – 10:00am	\$18.00R/\$21.00N

**FIT FOR FIFTY PLUS**

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class. Designed to help those who want to be physically fit through easy movement, strength and core work, stretching, toning, balance and small motor flexibility.

Code	Day	Dates	Time	Cost
4430	Tuesday/Friday	11/3-11/28*	10:15 - 11:15am	\$22.50R/\$25.50N
4433	Tuesday/Friday	12/1-12/20	10:15 - 11:15am	\$27.00R/\$30.00N
4434	Tuesday/Friday	1/5-1/30	10:15 - 11:15am	\$36.00R/\$40.00N

\*No class on 11/17, 11/21, 11/24

**CORE, STRETCH AND BALANCE**

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility, ultimately improving overall balance. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat.

Code	Day	Dates	Time	Cost
4210	Monday	11/6-11/27	8:45 – 9:45am	\$18.00R/\$21.00N
4211	Monday	12/4-12/18	8:45 – 9:45am	\$13.50R/\$16.50N
4212	Monday	1/8-1/29*	8:45 - 9:45am	\$13.50R/\$16.50N

\*No class on 9/18, 9/25, 1/15



## YOGA – ALL LEVELS

Course designed to further the student’s knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama (breathing techniques), meditation, and a wider variety of appropriate Asana (Yoga poses).

Code	Day	Dates	Time	Cost
4231	Thursday	11/2-11/30*	10:00 – 11:15am	\$26.00R/\$29.00N
4232	Thursday	12/7-12/21	10:00 – 11:15am	\$19.50R/\$22.50N
4233	Thursday	1/18-1/25	10:00 – 11:15am	\$13.00R/\$16.00N

No class on 11/23

## LINE DANCE – BEGINNING & INTERMEDIATE

Come join this fun, beginner or intermediate line dance class, where you can unwind, meet new friends, and exercise. You will learn all the basic steps for each line dance. Steps are taught slowly and easily. Dances are repeated until you feel comfortable. Previously learned dances will also be reviewed and practiced at each class. No partner necessary.

Code	Day	Dates	Time	Cost
Beg. 4129	Friday	11/3-11/17*	1:30 - 2:45pm	\$9.00R/\$12.00N
Beg. 4130	Friday	12/1-12/15	1:30 - 2:45pm	\$13.50R/\$16.50N
Beg. 4131	Friday	1/12-1/26	1:30 - 2:45pm	\$13.50R/\$16.50N
Int. 4134	Friday	11/3-11/17*	3:00 – 4:15pm	\$9.00R/\$12.00N
Int. 4135	Friday	12/1-12/15	3:00 – 4:15pm	\$13.50R/\$16.50N
Int. 4136	Friday	1/12-1/26	3:00 – 4:15pm	\$13.50R/\$16.50N

No class on 9/22, 11/10

## TAI-CHI BEGINNING & INTERMEDIATE

Beginners, intermediate and advanced students will establish and continue to build on fundamentals as well as learn additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Code	Day	Dates	Time	Cost
Beg. 4207	Tuesday	1/9-4/17	11:45am-1:00pm	\$67.50R/\$74.25N
Int. 4208	Tuesday	1/9-4/17	1:10pm-2:25pm	\$67.50R/\$74.25N