

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 |
|------|----------------|-------------|----------------|-------------------|
| 4226 | Tuesday/Friday | 9/1-9/29 | 9:00 – 10:00am | \$40.50R/\$45.00N |
| 4218 | Tuesday/Friday | 10/10-10/31 | 9:00 – 10:00am | \$31.50R/\$35.00N |
| 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 |
|------|-----------|-------------|----------------|-------------------|
| 4213 | Wednesday | 9/6-9/27 | 9:00 - 10:00am | \$18.00R/\$20.00N |
| 4214 | Wednesday | 10/11-10/25 | 9:00 – 10:00am | \$13.50R/\$15.00N |
| 4215 | Wednesday | 11/1-11/29 | 9:00 – 10:00am | \$22.50R/\$25.00N |
| 4216 | Wednesday | 12/6-12/20 | 9:00 – 10:00am | \$13.50R/\$15.00N |
| 4217 | Wednesday | 1/10-1/31 | 9:00 – 10:00am | \$18.00R/\$20.00N |

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 |
|------|----------------|--------------|-----------------|-------------------|
| 4237 | Tuesday/Friday | 9/1-9/29 | 10:15 - 11:15am | \$40.50R/\$45.00N |
| 4429 | Tuesday/Friday | 10/3-10/31 | 10:15 - 11:15am | \$40.50R/\$45.00N |
| 4430 | Tuesday/Friday | 11/3-11/28* | 10:15 - 11:15am | \$22.50R/\$25.00N |
| 4433 | Tuesday/Friday | 12/1-12/22** | 10:15 - 11:15am | \$31.50R/\$35.00N |
| 4434 | Tuesday/Friday | 1/5-1/30 | 10:15 - 11:15am | \$36.00R/\$40.00N |

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

**Class moved to Vet's Hall on 12/8

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 |
|------|--------|-------------|---------------|-------------------|
| 4209 | Monday | 9/11-10/30* | 8:45 - 9:45am | \$27.00R/\$30.00N |
| 4210 | Monday | 11/6-11/27 | 8:45 – 9:45am | \$18.00R/\$20.00N |
| 4211 | Monday | 12/4-12/18 | 8:45 – 9:45am | \$13.00R/\$15.00N |
| 4212 | Monday | 1/8-1/29* | 8:45 - 9:45am | \$13.50R/\$15.00N |

*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 |
|------|----------|-------------|-----------------|-------------------|
| 4228 | Thursday | 9/7-9/28 | 10:00 - 11:15am | \$26.00R/\$29.00N |
| 4230 | Thursday | 10/12-10/26 | 10:00 – 11:15am | \$19.50R/\$21.75N |
| 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/\$21.75N |
| 4233 | Thursday | 1/18-1/25 | 10:00 – 11:15am | \$13.00R/\$14.50N |

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. 4127 | Friday | 9/1-9/29* | 1:30 - 2:45pm | \$18.00R/\$20.00N |
| Beg. 4128 | Friday | 10/6-10/27 | 1:30 - 2:45pm | \$18.00R/\$20.00N |
| Beg. 4129 | Friday | 11/3-11/17* | 1:30 - 2:45pm | \$9.00R/\$10.00N |
| Beg. 4130 | Friday | 12/1-12/15 | 1:30 - 2:45pm | \$13.50R/\$15.00N |
| Beg. 4131 | Friday | 1/12-1/26 | 1:30 - 2:45pm | \$13.50R/\$15.00N |
| Int. 4132 | Friday | 9/1-9/29* | 3:00 – 4:15pm | \$18.00R/\$20.00N |
| Int. 4133 | Friday | 10/6-10/27 | 3:00 – 4:15pm | \$18.00R/\$20.00N |
| Int. 4134 | Friday | 11/3-11/17* | 3:00 – 4:15pm | \$9.00R/\$10.00N |
| Int. 4135 | Friday | 12/1-12/15 | 3:00 – 4:15pm | \$13.50R/\$15.00N |
| Int. 4136 | Friday | 1/12-1/26 | 3:00 – 4:15pm | \$13.50R/\$15.00N |

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. 4205 | Tuesday | 9/5-12/12 | 11:45am-1:00pm | \$67.50R/\$75.00N |
| Beg. 4207 | Tuesday | 1/9-4/17 | 11:45am-1:00pm | \$67.50R/\$75.00N |
| Int. 4206 | Tuesday | 9/5-12/12 | 1:10pm-2:25pm | \$67.50R/\$75.00N |
| Int. 4208 | Tuesday | 1/9-4/17 | 1:10pm-2:25pm | \$67.50R/\$75.00N |