

HERITAGE PLAZA SENIOR FITNESS SCHEDULE

Effective April 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am- 9:15am Aqua Aerobics <u>Location : POOL</u>	8:30am- 9:15am Aqua Aerobics <u>Location : POOL</u>	8:30am- 9:15am Aqua Aerobics <u>Location : POOL</u>		8:30am- 9:15am Aqua Aerobics <u>Location : POOL</u>
9:30am-10:15am Balance & Flexibility Aquatics <u>Location : POOL</u>	9:30am-10:15am Balance & Flexibility <u>Location: YOGA STUDIO</u>	9:30am-10:15am Balance & Flexibility Aquatics <u>Location : POOL</u>	9:00am-9:45am Balance & Flexibility <u>Location: YOGA STUDIO</u> NEW CLASS	9:30am-10:15am Balance & Flexibility Aquatics <u>Location : POOL</u>
10:15am-11am Silver Sneakers® Muscular Strength & Range of Movement <u>Location : AEROBICS STUDIO</u>	10:30am-11:15am Beginner Line Dancing <u>Location: YOGA STUDIO</u>	10:15-11am Silver Sneakers® Muscular Strength & Range of Movement <u>Location : AEROBICS STUDIO</u>		10am-10:45am Senior Yoga Class <u>Location : YOGA STUDIO</u>
11:00pm-11:45am Beginner Line Dancing <u>Location : YOGA STUDIO</u>	11:30am-12:15pm Intermediate Line Dancing <u>Location: YOGA STUDIO</u>	11am-11:45am Senior Yoga Class <u>Location : Yoga Studio</u>	2pm-3pm Tai- Chi <u>Location : Aerobics Studio</u>	

CLASS DESCRIPTIONS

SilverSneakers[®] – Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, used for seated and/or standing support.

SilverSneakers[®] – Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

Senior Yoga

YogaStretch will move your whole 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. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Aqua Aerobics

High Energy, low impact workout class, held in shallow pool. There is strong cardio segment for approximately 25-35 minutes combined with strength training, using resistant equipment and stretching to improve flexibility

Aquatics Balance and Flexibility

Is a slower gentler class. It is excellent class for someone recovering from surgery, or suffering from arthritis , etc. A large focus of the class is balance and flexibility.

Balance and Flexibility Chair Class

Is a slower gentler class. It is excellent class for someone recovering from surgery, or suffering from arthritis , etc. A large focus of the class is balance and flexibility.

Line Dancing Beginner

Come join us and lose weight the fun way. Learn all the latest Line Dances to all kinds of music

Line Dancing Intermediate

After mastering the common 8 beginner line dances in Beginner 1, Beginner 2 takes it to the next level of difficulty. Every level is welcome to attend.

Tai Chi

Tai Chi is an ancient Chinese soft style of martial art focused on internal strength using methodically slow circular movements and positions to balance and strengthen the body/mind connection.

#NAME?