

SAS & Water Aerobic Schedule - Effective Monday January 2, 2012

Anyone is welcome to participate in these classes! These are low impact, so they are user friendly for the new, pregnant, overweight, and out of shape exerciser.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--|---|---|---|-------------------------------------|----------|
| Group Fitness | Circuit Leigh 9:30am (Gym) | Silver Sneakers Yoga Joyce 9:30am (Spin room) | | T-n-T / Gravity Leigh/Lennie 9:30am (Gym) | | |
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| | | | DanceFit Leigh 10:00am (GF room) | | | |
| | | Zumba Gold Paula 10:30am (GF room) | | | | |
| | | | | | Line Dance Gloria 10:45am | |
| | Silver Sneakers Lennie 11:00am (GF room) | | Silver Sneakers Leigh 11:00am (GF room) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---------------------------------------|----------------------------------|---|----------------------------------|-------------------------------|------------------------------|
| Aqua | HydroPilates Sabrina 9:30am | | Aqua for Arthritis Paula 9:30am | | | Aqua Debbie 9:00am |
| | Aqua Leigh 10:30am | Aqua Leigh 10:30am | Aqua Paula 10:30am | Aqua Leigh 10:30am | Aqua Lennie 10:30am | |
| | Cardio Blast Sabrina 4:00pm | | Cardio Blast Sabrina 4:00pm | | | |
| | | Advanced Debbie 6:00pm | | Advanced Debbie 6:00pm | | |

Class Descriptions:

Circuit - A class combining cardio and weight training and balance. Interval type class including walking, weights, resistance tubes, balls, and your own body weight.

Silver Sneakers Yoga - Moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform movements.

Tight-n-Tone/Gravity - A class using pump bars, free weights and bands to provide resistance training. We also do a gravity class upstairs and walk the track every other week. Check the SAS board for which class is on that week.

DanceFit - Choreographed aerobic dance moves to music designed to get the heart pumping while having fun dancing. All fitness levels welcome and different levels of difficulty are shown.

Line Dance - Come swing with your favorite songs and learn some line dance steps! Great for beginners as well as long time line dance enthusiasts!

Aqua - A no impact workout using the resistance of the water. Cardio, water weights, noodles and stretching are done in these classes. Great for arthritis and post-rehab.

Cardio Blast - A high intensity water class working on cardio and strength. You will be surprised how tough a workout can be using the resistance of the water!

Hydro-Pilates - Non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture, and relieves stress.

Silver Sneakers Muscular Strength & Range of Movement - Hand held weights, elastic tubing and balls are used for resistance and a chair is used for seating and standing support.