



Fitness/Wellness Class and Lifeguard Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Resident Led Exercise 9:00 AM - 9:30 AM FC - L1 & L2</p> <p>Tai Chi 9:00 AM - 10:00 AM SP - L2 & L3</p> <p>Hydro Fit III 9:30 AM - 10:30 AM FC-L3</p> <p>Beginner Yoga (video) 10:00 AM - 10:50 AM FC - L1 & L2</p> <p>Chair Tai Chi 11:00 AM - 11:30 AM DP - L1</p> <p>Yoga 11:00 AM - 12:00 PM FC - L2 & L3</p> <p>Cardio Dance-Fit 11:00 AM - 12:00 PM SP-L3</p> <p>Aqua Fitness II 12:00 PM - 1:00 PM FC - L2 & L3</p> <p>"Lifting with Liz" 4:30 PM - 5:30 PM SP - L2 & L3</p> <p>Open Swim 1PM-9PM Lifeguard on duty 1PM to 3PM</p>	<p>F.A.B. / STAB Class 9:00 PM - 10:00 AM FC-L2 & L3</p> <p>Aqua Fitness 101 10:30 AM - 11:30 AM FC-L1-L2</p> <p>Rock Steady Boxing For Parkinson's 10:30 AM - 11:30 AM SP (Residents with PD)</p> <p>C.O.R.E. 3:30 PM - 4:15 PM SP - L2 & L3</p> <p>Dance Class 7:00 PM - 8:00 PM SP - L2 & L3 (fee for service)</p> <p>Open Swim 1:00 PM - 9:00 PM (NO Lifeguard on duty)</p>	<p>Resident Led Exercise 9:00 AM - 9:30 AM FC - L1 & L2</p> <p>Tai Chi 9:00 AM - 10:00 AM SP - L2 & L3</p> <p>Hydro Fit III 9:30 AM - 10:30 AM FC-L3</p> <p>Beginner Yoga (video) 10:00 AM - 10:50 AM FC - L1 & L2</p> <p>Cardio Dance-Fit 10:00 AM - 11:00 AM SP-L3</p> <p>Fun Fit 11:00 AM - 11:30 AM DP - L1</p> <p>Yoga 11:00 AM - 12:00 PM FC - L2 & L3</p> <p>"Lifting with Liz" 11:00 AM - 12:00 PM SP - L2 & L3</p> <p>Aqua Fitness II 12:00 PM - 1:00 PM FC - L2 & L3</p> <p>Tabata 3:00 PM - 3:45 PM SP - L3</p> <p>Open Swim 1PM-9PM Lifeguard on duty 1PM to 3PM</p>	<p>F.A.B. / STAB Class 9:00 PM - 10:00 AM FC-L2 & L3</p> <p>Aqua Fitness 101 10:30 AM - 11:30 AM FC-L1-L2</p> <p>Rock Steady Boxing For Parkinson's 10:30 AM - 11:30 AM SP (Residents with PD)</p> <p>C.O.R.E. 3:30 PM - 4:15 PM SP - L2 & L3</p> <p>Open Swim 1:00 PM - 9:00 PM (NO Lifeguard on duty)</p>	<p>Resident Led Exercise 9:00 AM - 9:30 AM FC - L1 & L2</p> <p>Hydro Fit III 9:30 AM - 10:30 AM FC-L3</p> <p>Beginner Yoga (video) 10:00 AM - 10:50 AM FC - L1 & L2</p> <p>Fun Fit 11:00 AM - 11:30 AM DP - L1</p> <p>Yoga 11:00 AM - 12:00 PM FC - L2 & L3</p> <p>Cardio Dance-Fit 11:00 AM - 12:00 PM SP-L3</p> <p>Tabata 3:00 PM - 3:45 PM SP - L3</p> <p>Open Swim 1:00 PM - 9:00 PM (NO Lifeguard on duty)</p>
	<p>FITNESS CLASS LEVELS</p> <p>L1 = (novice) L2 = (intermediate) L3 = (advanced)</p>		<p>CLASS LOCATION KEY</p> <p>FC = Fitness Center SP = Sullivan Park DP = Deacon Pointe (dining room) CH = May-Foley Chapel</p>	<p>Saturday</p> <p>Yoga 08:30AM - 09:30AM FC - L2 & L3</p> <p>WOW—HIIT Class (Workout of the Week) 9:30 AM - 10:15 PM FC - L2 & L3</p>





FITNESS CLASS DESCRIPTIONS

Aqua Fitness 101- This non-impact and low intensity class is designed to increase flexibility, strength and balance in the pool. If you suffer from joint pain, fibromyalgia, muscle pain or recovering from an injury (see your healthcare provider) this may be the class for you! Low ambulation. Level 1 & 2

Aqua Fitness II- This is a moderate intensity water fitness class. This class is designed to use water weights and creative exercises to challenge the participant while slightly elevating the heart rate. Level 2 & 3

Hydro Fit III- This is a challenging water workout requiring ambulation that includes relays across the pool. Relays include: running, jumping, and other full body motions. This class will challenge your whole body with water weights and resistance bands while increasing your heart rate for a true full-body and cardiovascular workout every time! Level 3

Resident Led Exercise Class- This is a resident led non-ambulatory exercise class designed to increase blood flow and flexibility. It's an excellent way to get the day started by providing thorough stretching while standing or seated. There is no requirement to get on the floor or to get your heart rate elevated. This limits no one to exercise. Level 1 & 2

YOGA and Beginner YOGA (video) - Yoga has proven to increase strength while increasing flexibility. If you love yoga but have trouble getting up and down off the floor, you may want to try the **Beginner YOGA (video)**. Exercises and poses are performed on the floor with modifications for those wanting to sit or stand. Levels 2 & 3

F.A.B. / STAB Class- (Flexibility and Balance / Stability). This is a 2 part class. Each segment is 30 minutes in duration with a 5 minute intermission. The first 30 minutes (F.A.B.) is designed to increase Flexibility and Static Balance (standing). This is a full-body resistance workout for balance, flexibility and strength. The last 30 minutes (STAB) will focus on Dynamic Balance (ambulating) through a series of leg strengthening and stability exercises – no upper body work. One is encouraged to participate in the full class or may participate in only one segment. Level 2 & 3

C.O.R.E. - (Corrective Optimal Resistance Exercise). **Advanced and Beginners levels.** This floor class is designed to target those core muscles that help stabilize the spine. By training the core, we minimize musculoskeletal imbalances that lead to postural deviations and pain. This class will challenge your balance and stamina. If you like Yoga or Pilates, you will love C.O.R.E. *Note: this class requires the ability to get up and down off the floor. Please bring a large towel for your safety and comfort – mats provided.* L2&3

"Lifting with Liz - This resistive training program is based on the *Strong Women, Stay Young* program designed by Dr. Miriam Nelson. The program requires the use of ankle weights, resistance tubing and light hand held weights in a series of exercises meant to work the major muscles groups. It is a fun workout anyone can do! Previous research indicates that participation in this program has positive effects on measures of balance, strength and bone density, all very important to the many other activities you do on a daily basis! Strong people, stay young! ~Liz Bailey, Instructor. Level 2 & 3

Wellness Fun Fit- If you are looking for a full body workout while seated, this may be your class. This introductory, 30 minute challenge incorporates all the muscles of the body while using exercise tubing, Pilate's rings and stability disks. L1

Tai Chi AND Chair Tai Chi- Come learn the ancient art of Tai Chi. This Ancient Chinese form of exercise is designed to provide relaxation in the process of body conditioning, which it accomplishes partly by harmonizing the principles of yin-yang. It employs flowing, deliberate movements with carefully prescribed stances and positions. All Levels

ZUMBA Fitness - Zumba is a Latin dance -inspired fitness program that involves dance and aerobic elements. Zumba's choreography incorporates soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Twin Lakes' STAFF are invited to join! Level 3

"TABATA"- Tabata is a form of full-body exercise involving short bursts of high intensity training with short intervals of rest. 20 minutes (plus warm-up and cool down) is all you need! Proven to achieve greater results than one hour steady-state exercise, calories are burned for up to 12 hours post-exercise. The class is time efficient, exhilarating, and most of all...FUN!! Level 3

Rock Steady Boxing for Parkinson's – Enables people with Parkinson's disease to fight their disease by providing non-contact boxing-style fitness that improves their quality-of-life and self-worth. This intense exercise program has been shown to delay the progression of symptoms of the disease.