

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 am <u>Resident Led Exercise</u> Gathering Room L1	9:00-10:00 am <u>Tai Chi with Emily</u> Sullivan Park L2-L3	9:00-9:30 am <u>Resident Led Exercise</u> Gathering Room L1	9:00-10:00 am <u>Tai Chi with Emily</u> Sullivan Park L2-L3	8:15-8:45 am <u>Resident Led Exercise</u> Gathering Room L1
9:00-9:30 am <u>TRX Express</u> Lakeside Studio L2-L3	9:30-10:15 am <u>F.A.B. Class</u> Gathering Room L2-L3	9:00-9:30 am <u>TRX Express</u> Lakeside Studio L2-L3	9:30-10:15 am <u>F.A.B. Class</u> Gathering Room L2-L3	8:15-8:45 am <u>TRX Express</u> Lakeside Studio L2-L3
9:30-10:00 am <u>TRX Blast</u> Lakeside Studio L2-L3	9:30-10:30 am <u>Rock Steady Boxing for Parkinson's</u> Coble Creek Chapel L1	9:30-10:00 am <u>TRX Blast</u> Lakeside Studio L2-L3	9:30-10:30 am <u>Rock Steady Boxing for Parkinson's</u> Coble Creek Chapel L1	9:00-9:30 am <u>TRX Blast</u> Lakeside Studio L2-L3
9:30-10:15 am <u>Aqua Fit</u> Pool L2-L3	9:30-10:15 am <u>Aqua Fit</u> Pool L2-L3	9:30-10:15 am <u>Aqua Fit</u> Pool L2-L3	9:30-10:15 am <u>Aqua Fit</u> Pool L2-L3	9:00-10:00 am <u>Yoga</u> Gathering Room L2-L3
10:00-11:00 am <u>Yoga</u> Gathering Room L2-L3	2:00-3:00 pm <u>Aqua Fit</u> Pool L2-L3	10:00-11:00 am <u>Yoga</u> Gathering Room L2-L3	10:30-11:30 am <u>Lifting with Liz</u> Sullivan Park L2-L3	10:15-10:45 am <u>Level 1 Fitness</u> Deacon Pointe L1
10:00-10:45 am <u>Cardio Dance-Fit</u> Sullivan Park L2-L3	3:00-3:45 pm <u>C.O.R.E.</u> Sullivan Park L2-L3	10:00-11:00 am <u>Yoga</u> Gathering Room L2-L3	2:00-3:00 pm <u>Aqua Fit</u> Pool L2-L3	10:00-10:45 am <u>Cardio Dance-Fit</u> Sullivan Park L2-L3
11:15-12:00 pm <u>Chair Yoga</u> Lakeside Studio L1		10:00-10:45 am <u>Cardio Dance-Fit</u> Sullivan Park L2-L3	3:00-3:45 pm <u>C.O.R.E.</u> Sullivan Park L2-L3	11:00-11:30 am <u>Beginner F.A.B.</u> Lakeside Studio L1
1:00-1:45 pm <u>Aqua Fit</u> Pool L2-L3		11:00-11:45 am <u>Beginner F.A.B. & Chair Yoga</u> Lakeside Studio L1		
3:00-4:00 pm <u>Line Dancing</u> Sullivan Park L2-L3		11:00-12:00pm <u>Line Dancing</u> Sullivan Park L2-L3		Saturday
3:15-4:00 pm <u>Tai Chi</u> Gathering Room L2-L3		2:30-3:15 pm <u>Tabata</u> Lakeside Studio L2-L3		9:00-10:00 am <u>Chair Yoga</u> Lakeside Studio L1
4:15-5:15 pm <u>Lifting with Liz</u> Sullivan Park L2-L3		3:15-4:00 pm <u>Tai Chi</u> Gathering Room L2-L3		10:00-11:00 am <u>Yoga</u> Lakeside Studio L2-L3

Fitness Class Levels

- L1- Novice
- L2- Intermediate
- L3- Advanced

Wellness News/Special Events

- PLEASE NOTE: Not all classes require a sign-up on the portal. Classes requiring a sign-up at this time are: **TRX**
- **AQUA FIT now on Monday and Wednesday mornings at 9:30am!**
- Please call Mandy Sommer, Wellness Director 585-2349 or Whitney McDowell, Fitness Coordinator 538-1464 with questions



FITNESS CLASS DESCRIPTIONS

Aqua Fit - This is a moderate to 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! Levels 2-3

Beginner FAB – Flexibility and Balance - This class will help reduce your risk of falls and work on strength and flexibility exercises. It is designed for those who have not been exercising or want to start with very basic movements. Level 1

Cardio Dance-Fit - CDF is a Latin dance -inspired fitness program that involves dance and aerobic elements. Similar to Zumba, the choreography incorporates soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Levels 2-3

Chair YOGA– a great way to practice yoga without having to get up and down off the floor. Levels 1-2

C.O.R.E. - (Corrective Optimal Resistance Exercise). 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 muscle endurance 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 is designed as an **introduction to core training** and postural awareness. Please bring a large towel for your safety and comfort – mats provided.* Levels 2-3

F.A.B. Class- (Flexibility and Balance) - FAB is a class designed to reduce the likelihood of a fall and increase flexibility. This class will improve both dynamic & static balance. In addition, this is a full-body resistance workout that requires no special equipment. Resistance bands will be provided. Levels 2-3

Level 1 Fitness: Seated or standing there are options for all fitness levels! Exercises will include: strength, balance, flexibility, and lower body function and stability. The class is held in Deacon Pointe; however, it is open to all Twin Lakes Residents. Come join the fun! Level 1

“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! Strong people, stay young! ~Liz Bailey, Instructor. Levels 2-3

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Rock Steady Boxing for Parkinson’s – Enables people living 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. Level 1

“TABATA”- Tabata is a form of full-body exercise involving short bursts of high intensity training with shorts intervals of rest. 40 minutes (total) 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

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. Levels 1-3

TRX Express and Blast-TRX (Total-body Resistance Exercise) is a **form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.** It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Levels 2-3

YOGA - Yoga has proven to increase strength while increasing flexibility. 3 different styles are offered based on instructor. Levels 2-3