



Recreation Center Group Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.			Chair Yoga <i>Tammy</i>		Senior Strength Training <i>Joe</i>	No Classes on Saturday
12:00 p.m.			W.O.W <i>Joe</i>			
12:45 p.m.		CST <i>Mary</i>		CST <i>Mary</i>	CST <i>Mary</i>	
5:15 p.m.	CST <i>Mary</i>		Yoga <i>Liz</i>	Cycling <i>Mary</i>		

***All classes FREE to students and members**

Class Descriptions

Chair Yoga: Alternative to traditional mat yoga, in which all postures and exercises are done on a chair or using chair support. It is designed for those that have difficulty getting up and down from the floor or who have balance, flexibility issues, or specific joint issues. Chair Yoga brings health benefits of yoga to *everybody*, emphasizing a gentle approach to strength, toning and balance enhancement.

CST (Cardio Strength Training): Exercise muscles and joints together through movements that aid in the ease of everyday activities. Designed to enhance strength, coordination, range of motion and endurance.

Cycling: Class that focuses on endurance, strength, intervals, high intensity and recovery that involves using a stationary bicycle with a weighted flywheel in a classroom setting, combined with other bodyweight movements to enhance functional fitness.

Senior Strength Training: Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis and osteopenia. The class involves functional strength training such as squats, lunges, and stepping on and off of a step platform with a focus on correct form.

W.O.W (Women on Weights): An introductory class to weight training, kettle bells, and other fitness modalities. Emphasis is placed upon proper lifting techniques and basic program design for women.

Yoga: Yoga can help stretch, tone, and strength the body with relaxing meditation. A proven stress reducer, this class is for all ages.

*Effective 11/27/2017