



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Young At Heart March Schedule Tuesdays & Thursdays 11:30 am – 12:30 pm

Thursday March 2

Zen – Experience peace of mind through gentle Yoga and Stretching movements.

Tuesday March 7

20/20/20 – This fun workout includes 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching.

Thursday March 9

Zumba Gold – Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

Tuesday March 14

Fit Ball Challenge – Challenge yourself with strength and toning moves using a Fit Ball.

Thursday March 16

Cardio Pump – A combination of cardiovascular and strength training

Tuesday March 21

Beat It! – Challenge your rhythm and coordination as we drum on the Fit Ball.

Thursday March 23

Pump It Up! – We will enjoy an entire class focused on strength training.

Tuesday March 28

Strong & Balanced – Strengthen and tone as you find your center of balance.

Thursday March 30

Wellness Track – A circuit class incorporating strength, cardio and balance exercises designed to tone the whole body.



Active Older Adults Schedule of Happenings updated 3/1/17

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Monday

Deep & Shallow Water Aerobics 8:45-10:45am & 7:00-7:45pm (WP)

Shallow Water Aerobics 11am-12:00pm (WP)

Therapeutic Movement 11:30am-12:25pm & 12:30-1:30pm (A)

Aqua Zumba (WP) 12:00-12:45pm

Senior Tennis (55+) 1:00-3:00pm (T)

Pickleball (drop-in club) 1:30-3:00pm (G)

Tai Chi (beginners) 3:45-4:30pm (A)
(intermediate/advance) 4:30-5:25pm (A)

Tuesday

Water Aerobics 8:45-9:45am (WP)

Aquatic Arthritis Classes 1 & 2 10am-12pm (WP)

Young at Heart (A) 11:30am-12:30pm

Gentle Yoga 4:00-5:00pm (A)

Wednesday

Deep & Shallow Water Aerobics (WP) 8:45-9:45am & 7:00pm-7:45pm

Deep Water Aerobics 10-11am (EP)

Shallow Water Aerobics (WP) 11am-12pm

Therapeutic TRX (B) 11:15am-11:45am & 11:55-12:25pm (sign up required)

Senior Tennis (55+) 11:30am-1:30pm

Chair Yoga (A) 12:30pm-1:30pm

Thursday

Water Aerobics 8:45-9:45am (WP)

Therapeutic Movement for Women (B) 9:30am-10:30am

Aquatic Arthritis Classes 1 & 2 10am-12pm (WP)

Young at Heart (A) 11:30am-12:30pm

Parkinsons Health and Wellness For Men (B) 12:00-1:00pm
****new time and day!****

Pickleball (drop-in club) 1:30-3pm (G)

Friday

Zumba Gold & Toning (A) 8:30-9:30am

Deep & Shallow Water Aerobics 8:45-9:45am (WP)

Age Well: Move Well (PT) 10-11:30am (quarterly)

Shallow Water Aerobics (EP) 11am-12pm

Senior Tennis (55+) 1:00-3:00pm (T)

Gentle Yoga 1:00-2:00pm (A)

Tai Chi (beginners) 3:00-3:45pm (A)

Qigong 3:45-4:30pm (A)

Location Key:
(WP) = Wellness Pool (A) = Studio A (B) = Studio B
(T) = Tennis (G) = Gymnasium (EP) = Exercise Pool