

WINTER 2012 CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 am						YOGAjoy \$ Nelson Gables
9:00-9:45 am	Active Aging Nelson Gables	Active Aging Nelson Gables	Active Aging Nelson Gables	Active Aging Nelson Gables	Active Aging Nelson Gables	
9:00-9:45 am	Active Aging Grand Arbor	BeamFit® \$ Grand Arbor	Active Aging Grand Arbor		Active Aging Grand Arbor	
10:00-10:45 am					Brain Health Nelson Gables	
10:30-11:15 am	SilverSneakers® Cardio Circuit Grand Arbor	SilverSneakers® MSROM Grand Arbor	SilverSneakers® Cardio Circuit Grand Arbor	SilverSneakers® MSROM Grand Arbor	SilverSneakers® MSROM Grand Arbor	
10:30-11:15 am	SilverSneakers® MSROM Nelson Gables	NeuroFit Lifestyles (75min) \$ Nelson Gables	SilverSneakers® MSROM Nelson Gables	NeuroFit Lifestyles (75min) \$ Nelson Gables		
11:30 am-12:00 pm	SilverSneakers® Yoga Stretch Grand Arbor		SilverSneakers® Yoga Stretch Grand Arbor		SilverSneakers® Yoga Stretch Grand Arbor	
1:00-2:00 pm	NeuroFit Challenge \$ Grand Arbor	NeuroFit Lifestyle (75min) \$ Grand Arbor	NeuroFit Challenge \$ Grand Arbor	NeuroFit Lifestyle (75min) \$ Grand Arbor	NeuroFit Challenge \$ Grand Arbor	
1:45-2:30 pm			Brain Health Grand Arbor Activity Rm			
3:00-3:45 pm		Active Aging Gentle Moves Grand Arbor		Active Aging Gentle Moves Grand Arbor		
3:15-4:00 pm	Active Aging Gentle Moves Nelson Gables		Active Aging Gentle Moves Nelson Gables			
3:30-4:30 pm	Balance Foundation \$ Grand Arbor		Balance Foundation \$ Grand Arbor			
4:00-4:45 pm		Core Challenge \$ Grand Arbor		BeamFit® \$ Grand Arbor		
5:15-6:15 pm	YOGAjoy \$ Nelson Gables		YOGAjoy \$ Nelson Gables			
5:30-6:15 pm		Boot Camp \$ Nelson Gables		Boot Camp \$ Grand Arbor		
5:30-6:30 pm				YOGAjoy \$ Nelson Gables		
6:30-7:30	Belly Dancing \$ Nelson Gables					

Join the fun in these land-based classes. Ever-evolving programs include:

- **Active Aging Strength and Balance** – This class is designed for individuals who are physically independent and can move throughout the classroom without an assistive device. This class helps to improve functional upper and lower body strength, weight-bearing endurance, strength for balance and gait mobility.
- **Active Aging Gentle Moves**- This class is designed around people with joint limitation, gait impairment or a very low fitness level. Exercises are predominantly seated with limited standing exercises. This class helps maintain ROM, flexibility, and strength for ADLs.
- **Brain Health**- Biofeedback games, trivia, unpredictable command technique and neural pathway exercises designed for the whole brain-keeping your brain sharp and your memory engaged!
- **SilverSneakers®-Muscular Strength & Range of Movement**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- **SilverSneakers®-Cardio Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.
- **NeuroFit®**- especially for those challenged by neurological movement disorders such as Parkinson's, MS, stroke residuals, and Peripheral Neuropathy – Also helpful for those with fibromyalgia! A movement program to help delay and prevent symptoms. Participants build confidence and develop socially supportive peer groups.
 - **NeuroFit Lifestyle** – 75 minute class focusing on making exercise as a part of daily routine to maintain exercise while managing symptoms. Primarily seated chair work, some balance, and standing exercises with options for support. (\$45/month)
 - **NeuroFit Challenge** - 60 minute class ideal for newly diagnosed and those with very active lifestyles who want to be proactive in symptom management. Participants will be challenged to explore limits through dynamic balance, challenging movements, and cognitive activities. (\$45/month)
- **Balance Foundation** - This class is level one of a three level balance program. The focus of this class is to build the foundation for better balance improving flexibility and strength for balance. Participants will be learning basic balance exercise to gain confidence and strategies for improving balance. (\$90 2x/wk -12weeks)
- **BeamFit® - Beaming™** is an exciting new barefoot exercise modality that harmonizes familiar movement patterns with the philosophy behind Yoga and Pilates to integrate balance, stability, strength, cardiovascular activity and stretch in a unique way on a 6-inch wide by 5 foot long finite surface. The integration of these basic training elements in **Beaming** unites the mind and body in an innovative way that lends a new, fresh approach to fitness and well-being. (Call for pricing)
- **Core Challenge** – Focusing on core stabilization this class will increase strength, improve flexibility, and challenge your balance. A functional training class using the BOSU® Balance Trainer and other exercise tool to strengthen core muscles. Come learn how you can take your fitness to new level! (Call for pricing)
- **Boot Camp** – Circuit training that includes agility and functional exercises. This class is designed to tone muscles, increase strength, and improve endurance. All fitness levels welcome. Have fun, encourage others, and work hard at the same time! (Call for pricing)

\$= additional charges apply for this class