



PISGAH VALLEY
A Liberty Senior Living Community

CLASS SCHEDULE

July 2021

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING		Water Aerobics		Water Aerobics	Low-Impact H2O
		9:00am-		9:00am-	9:00am-
		10:30am		10:30am	10:30am
		Strength Class	Balance & Flexibility	Line Dancing	Gentle Stretch
		11:00am-	11:00am-	11:00am-	11:00am-
		11:45am	11:45am	11:45am	11:45am
12:00-1:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
AFTERNOON	Seated Cardio	Ageless Grace®	Senior Yoga	Ageless Grace®	
	1:30pm-	1:30pm-	1:00pm-	1:30pm-	
	2:15pm	2:15pm	2:00pm	2:15pm	
	Water Aerobics		Water Aerobics		
	4:00pm-		4:00pm-		
	5:30pm		5:30pm		

Yellow: Sunroom

Blue: Pool

Green: Community Center

Pink: Activity Room

*Schedule subject to change

Ageless Grace®: This brain health fitness class is based on the cutting-edge science of neuroplasticity, and is an invigorating, unique workout for your brain and your body. This is a seated class for all fitness levels.

Balance & Flexibility: Move through seated and standing exercises to increase flexibility, strength, balance and range of motion. A chair is used to meet a variety of fitness levels.

Gentle Stretch: Come and unwind by flowing through postures, stretching your body and relaxing your mind. Each class focuses on range of motion, releasing tension and moving with the breath. This is a seated class suitable for all levels.

Line Dancing: This class will teach you basic steps used in line dances. Line dancing is especially great for enhancing memory, balance and coordination to keep YOU young. Plus, it's one of the most fun ways to get your cardiovascular exercise!

Low Impact H2O: Improve strength, balance and function in this class with exercises designed to improve mobility through a series of stretching and strengthening exercises. All levels welcome.

Seated Cardio: This total body workout is non-weight bearing. The exercises will get your heart rate up, get you to work up a sweat, and help you feel alive again! This is a seated class suitable for all levels.

Senior Yoga: Mindful movement and breathing are the focus of this class. Each practice will include ways in which you can incorporate yoga into your daily routine to reap the greatest long-term benefits. Props and individualized instruction help make this suitable for all levels.

Strength: This class will focus on building muscle strength and endurance. Designed for all fitness levels, participants may perform the exercises seated or standing and with/or without equipment. Start your day feeling STRONG, invigorated and ready for the day!

Water Aerobics: This popular class is a blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, paddles and noodles.

Yoga: \$7

All other classes: Non-member: \$4/Member: \$2

