

CLASS SCHEDULE



Spring 2022

Now offering Livestream classes through Zoom!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	Water Aerobics 9:00am-10:00am	Water Aerobics 9:00am-10:00am	Taiji/Qigong 9:00am-10:00am	Water Aerobics 9:00am-10:00am	Low-Impact H2O 9:00am-9:45am
	Taiji/Qigong 9:00am-10:00am			Line Dancing 10:00am-10:45am	
		Strength Class 11:00am-11:45am		Strength Class 11:00am-11:45am	Gentle Stretch 11:00am-11:45am
			Balance & Flexibility 1:00pm-2:00pm		
AFTERNOON	Seated Cardio 1:30pm-2:15pm	Ageless Grace® 1:30pm-2:15pm		Ageless Grace® 1:30pm-2:15pm	
		Senior Yoga 3:00pm-4:00pm			*Schedule Subject to change
		Water Aerobics 4:00pm-5:00pm		Water Aerobics 4:00pm-5:00pm	

Yellow: Sunroom

Blue: Pool

Green: Community Center

Pink: Activity Room

Class Fees: Non-member \$4/Member \$2 *Taiji \$4 for all students/Yoga \$7 for all students* Phone: (828) 418-2330

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: Easy to follow low-impact water aerobics. Enjoy the benefits of aerobics combined with range of motion movements, and strength & balance exercises for a fun water workout! 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: Improve your strength, flexibility, and mobility through yoga poses specially adapted for seniors at any level of health and fitness.

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.

Taiji/Qigong: Participants should expect improvements in gait and balance, recovery from physical and traumatic injuries improvements in functionality and clear instruction to maintain healthy independence.

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.

**Your First Step Starts Now!
We are Here to Get You Started.**

JOIN OUR
**LIVE STREAM
CLASSES**