



# JANUARY

## Strong and Sterling



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Post Holiday Brunch</b> In the café!! Jan 9 <sup>th</sup> @10:00 Preorder Rsvp 1/4	1 <i>Happy New Year!!</i>	2 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>Restorative Yoga</b> 6:45pm w/Dawn (AB)	3 <b>Circuit 9:00</b> w/Heather (A&B) <b>ZumbaSentao</b> 10:00 w/Judi(D&E)	4 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>TaiChi 10:00</b> w/Fawn (A&B)	5 <b>Classic 1:00</b> w/Janice (A&B) <b>Restorative Yoga</b> 10:30 w/Dawn (AB)	6
<b>EVAN Blood Pressure Screening 2<sup>nd</sup> Mon of every month 10-12</b>	8 <b>Blood Pressure Screening 10-12</b> <b>ZumbaSentao 8:00</b> w/Judi(GF) <b>Chair Yoga 9:30</b> w/Dawn (C) <b>Classic 1:00</b> w /Janice (A&B)	9 <b>Classic 9:00</b> w/Heather (A&B) <b>Standing Strong 9:00</b> w/Kathy (GF) <b>Post Holiday Brunch 10:00</b>	10 <b>Circuit 9:00</b> w/Heather (A&B) <b>ZumbaSentao</b> 10:00 w/Judi(D&E)	11 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>TaiChi 10:00</b> w/Fawn (A&B)	12 <b>ZumbaGold 9:00</b> w/Judi(D&E) <b>Classic 1:00</b> w/Janice (A&B) <b>Restorative Yoga 10:30</b> w/Dawn (AB)	
<b>Walk N Talk Mon &amp; Fri 12:30 on the track.</b> (Except for the 1 <sup>st</sup> & 15 <sup>th</sup> )	15 <b>Chair Yoga 9:30</b> w/Dawn (C) <b>ShaZam 10:00</b> w/Heather(D&E) <b>Classic 1:00</b> w /Janice (A&B)	16 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Kathy (GF) <b>Restorative Yoga</b> 6:45pm w/Dawn (AB)	17 <b>Circuit 9:00</b> w/Heather (A&B) <b>ZumbaSentao</b> 10:00 w/Judi(D&E)	18 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>TaiChi 10:00</b> w/Fawn (A&B)	19 <b>ZumbaGold 9:00</b> w/Judi (D&E) <b>Classic 1:00</b> w/Janice (A&B) <b>Restorative Yoga 10:30</b> w/Dawn (AB)	20
<b>Rejuvenate after the holidays with Restorative Yoga</b> Tues @ 6:45pm and Fri @ 10:30 pm (AB)	22 <b>ZumbaSentao 8:00</b> w/Judi(GF) <b>Chair Yoga 9:30</b> w/Dawn (C) <b>Classic 1:00</b> w /Janice (A&B)	23 <b>Classic 9:00</b> w/Heather (A&B) <b>Standing Strong</b> 9:00 w/Kathy (GF) <b>Restorative Yoga</b> 6:45pm w/Dawn (AB)	24 <b>Circuit 9:00</b> w/Heather (A&B) <b>ZumbaSentao</b> 10:00 w/Judi(D&E)	25 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>TaiChi 10:00</b> w/Fawn (A&B)	26 <b>ZumbaGold 9:00</b> w/Judi(D&E) <b>Classic 1:00</b> w/Janice (A&B) <b>Restorative Yoga 10:30</b> w/Dawn (AB)	27
	29 <b>Chair Yoga 9:30</b> w/Dawn (C) <b>ShaZam 10:00</b> w/Heather(D&E) <b>Classic 1:00</b> w /Janice (A&B)	30 <b>Classic 9:00</b> w/Heather (A&B) <b>Standing Strong</b> 9:00 w/Kathy (GF) <b>Restorative Yoga</b> 6:45pm w/Dawn (AB)	31 <b>Circuit 9:00</b> w/Heather (A&B) <b>ZumbaSentao</b> 10:00 w/Judi(D&E)	1 <b>Classic 9:00</b> w/Janice (A&B) <b>Standing Strong</b> 9:00 w/Heather (GF) <b>TaiChi 10:00</b> w/Fawn (A&B)	2 <b>ZumbaGold 9:00</b> w/Judi(D&E) <b>Classic 1:00</b> w/Janice (A&B) <b>Restorative Yoga 10:30</b> w/Dawn (AB)	Rev 12/22

## CLASS DESCRIPTIONS

### Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated exercises and standing support. **This class can be adapted** by the student depending on their fitness level and abilities. It is suitable for **beginning to intermediate** skill levels.

### ShaZam

A modified ShaBam®class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow ShaBam®choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! It is **beginner to intermediate** level.

### ZumbaGold

A modified Zumba®class that recreates the original moves you love at a lower-intensity. The class introduces 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. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! This is a **beginner to intermediate** level class. **Zumba Sentao** used a chair as a prop and is **beginner to intermediate**.

### Tai Chi

Tai Chi is characterized by continuous movements that are gentle, slow and focused. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class incorporates balance, breath and awareness and is suitable for **all levels**.

### Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. Although this class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants, this is considered an **intermediate** level class.

### Standing Strong

Stabilize before you mobilize! This is a fitness class that provides a combination of exercises for the total body that will support your core, increase flexibility, improve balance, tone your muscles, and strengthen your bones! This class is suitable for **intermediate to advanced** levels.

### Chair Yoga

Enjoy exploring your range of motion with postures that increase flexibility, circulation, balance, and strength! With no getting up and down from the floor, chairs are used as a prop for seated and standing positions. Ends with breathing practices and silence. Great for people who sit a lot at home, work, or on the road, or need modifications. This is a **beginner** level class.