



 **Shaker Pointe's July 2017 Fitness Calendar** 

*If you have any questions about the fitness program, please call Kerry Engle, Fitness Director, at X1115*

**Sit to be Fit**-45-60 minutes (Beginner to Intermediate) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength and balance. Resistance is offered through hand-held weights, resistance tubing with handles and small balls. A chair is used for sitting or standing support.

**Cardio Sculpt**-45 minutes (Advanced) Get up and move with this upbeat aerobics class that is sure to get your body moving. This workout includes cardio moves, upper body strength, abdominal conditioning and stretching.

**Water Works**-45-60 minutes (All Levels) Dive into fun with this shallow water alternative to land aerobics. This high energy workout improves agility, flexibility, cardiovascular endurance and muscular strength. This class is perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints.

**Balance**-45-60 minutes. (**Beginner**) This class will help to increase balance awareness by concentrating on 3 essential cues: Visual, inner ear and where arms and legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance. This is a beginning class.

**Balance**-45-60 minutes (Advanced) Balance helps advance stability and equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, stability Balls & Foam Rollers are used to increase balance awareness.

**Yoga**-45-60 minutes (Advanced) A beginners series which teaches you the foundation of Yoga, which links the movement with the breath. Learn fundamental yoga postures, focus on postural alignment and the importance of breath. There will be an option to go down on the ground during part of the class or make use of the chair for those who do not wish to.

**Aqua Pi Yo Chi**- 45-60 minutes (All levels) This class intertwines the pose of Yoga, exercise of Pilates, and movement of Tai Chi using natural resistance yet neutral water support for ease of movement to increase range of motion, improve balance and postural alignment.

**Chair Yoga**-45-60 minutes (All Levels) Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Zumba Gold**-45-60 minutes (Advanced) Active older adults who seek 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, prepare to leave empowered and strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**Tai Chi**-60 minutes (All Levels) An ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace.

**Beginners Aqua Balance**-45-to minutes (All Levels)-Water provides additional support as well as resistance which makes it a great location for this exercise.

**If you are unable to attend a class for which you are registered, PLEASE NOTIFY THE FRONT DESK STAFF.**


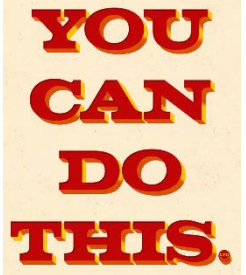


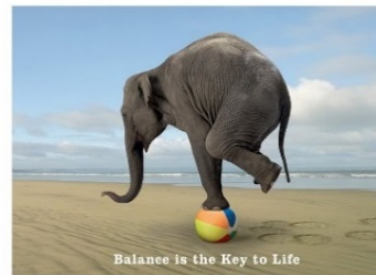






**This may allow another resident to attend in your place.**



Please see reverse side for class schedule/description



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Sat. July 1</b> 10:30-11:15 Zumba Gold 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family <b>11:45 -12:45 PM, Sit to Be Fit CANCELLED</b>
<b>Sun. July 2</b> 	<b>Mon. July 3</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga <b>11:30-12:15 PM Aqua Pi-Yo-Chi-CANCELLED</b> <b>12:30-1:15 PM Aqua Pi-Yo-Chi-CANCELLED</b> 1:30-3:30 PM Open Swim	<b>Tues. July 4</b> <b>Independence Day!</b>  <b>No classes due to holiday!</b>	<b>Wed. July 5</b> <b>10:45-11:45 AM Cardio Sculpt-CANCELLED</b> 11:45-12:45 PM Beginner Balance, <b>1:00-1:45 PM Aqua Balance-CANCELLED</b> 1:15-2:15 PM, Cardio Sculpt-COMBINED with earlier class 2:00-4:00 PM Open Swim	<b>Thurs. July 6</b> 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 1:30-2:30 PM, Water Works 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. July 7</b> 9:45-10:45 AM, Chair Yoga 11:00-12:00 Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. July 8</b> 10:30-11:15 Zumba Gold 12:30-1:30, Open Swim for Adults Only 12:45-1:45 PM, Sit to be Fit 1:30-3:00 Open Swim for Adults & Family
<b>Sun. July 9</b> 	<b>Mon. July 10</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15 PM Aqua Pi-Yo-Chi 12:30-1:15 PM Aqua Pi-Yo-Chi 1:30-3:30 PM Open Swim	<b>Tues. July 11</b> 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 12:15 Water Works 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	<b>Wed. July 12</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 1:15-2:15 PM, Cardio Sculpt 2:00-4:00 PM Open Swim	<b>Thurs. July 13</b> 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 1:30-2:30 PM, Water Works 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. July 14</b> 9:45-10:45 AM, Chair Yoga 11:00-12:00 Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. July 15</b> 10:30-11:15 Zumba Gold 12:30-1:30, Open Swim for Adults Only 12:45-1:45 PM, Sit to be Fit 1:30-3:00 Open Swim for Adults & Family
<b>Sun. July 16</b> 	<b>Mon. July 17</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15 PM Aqua Pi-Yo-Chi 12:30-1:15 PM Aqua Pi-Yo-Chi 1:30-3:30 PM Open Swim	<b>Tues. July 18</b> 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 12:15 Water Works 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	<b>Wed. July 19</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 1:15-2:15 PM, Cardio Sculpt 2:00-4:00 PM Open Swim	<b>Thurs. July 20</b> 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 1:30-2:30 PM, Water Works 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. July 21</b> 9:45-10:45 AM, Chair Yoga 11:00-12:00 Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. July 22</b> 10:30-11:15 Zumba Gold 12:30-1:30, Open Swim for Adults Only 12:45-1:45 PM, Sit to be Fit 1:30-3:00 Open Swim for Adults & Family
<b>Sun. July 23</b>  <b>Sun. July 30th</b>	<b>Mon. July 24</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15 PM Aqua Pi-Yo-Chi 12:30-1:15 PM Aqua Pi-Yo-Chi 1:30-3:30 PM Open Swim <b>Mon. July 31</b> 9-11:00 AM Open Swim w/ NB 9:00 AM-Chair Yoga 11:30-12:15 PM Aqua Pi-Yo-Chi 12:30-1:15 PM Aqua Pi-Yo-Chi 1:30-3:30 PM Open Swim	<b>Tue. July 25</b> 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 12:15 Water Works 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	<b>Wed. July 26</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 1:15-2:15 PM, Cardio Sculpt 2:00-4:00 PM Open Swim	<b>Thurs. July 27</b> 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 1:30-2:30 PM, Water Works 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. July 28</b> 9:45-10:45 AM, Chair Yoga 11:00-12:00 Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. July 29</b> 10:30-11:15 Zumba Gold 12:30-1:30, Open Swim for Adults Only 12:45-1:45 PM, Sit to be Fit 1:30-3:00 Open Swim for Adults & Family



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