









Shaker Pointe's December 2017 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fri. December 1 9:00-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. December 2 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. December 3  9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Mon., December 4 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. December 5 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 Pool Volleyball 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	Wed. December 6 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	Thurs. December 7 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. December 8 9:00-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. December 9 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. December 10  9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Mon. December 11 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. December 12 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 Pool Volleyball 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	Wed. December 13 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	Thurs. December 14 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. December 15 9:00-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. December 16 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. December 17  9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Mon. December 18 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 11:30-12:15-Aqua PiYo Chi 12:30-1:15 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. December 19 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 Pool Volleyball 1:15-2:15 PM Balance, Beginner 2:15-3:15 PM Balance, Advanced	Wed. December 20 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	Thurs. December 21 9:00-10:00 AM Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. December 22 9:00-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim-	Sat. December 23 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. December 24 Sun. Dec 31	Monday, December 25 Christmas Day All Classes Cancelled Open Swim Cancelled	Tue. December 26 9:00-11:00 AM Open Swim All Classes Cancelled	Wed. December 27 2:00-4:00 PM Open Swim All Classes Cancelled	Thurs. December 28 10:00 AM-12:00 Noon, Open Swim 3:00-5:00 PM, Open Swim w/ Neighbors All Classes Cancelled	Fri. December 29 1:00-3:00 PM, Open Swim All Classes Cancelled	Sat. December 30 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family All Classes Cancelled



Please see reverse side for class schedule/description





 **Shaker Pointe's December 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 PiYo 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!

Beginning Tai Chi-45-60 minutes (Beginner) Learn fundamental sequences of movements with this 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. Also helps with balance skills

Advanced Tai Chi-60 minutes (Intermediate to Advanced) This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance and coordination of the muscular, skeletal and cardiovascular systems. The continuous movements of Tai Chi improves balance, keeps the body flexible, reduces stress, tones and strengthen muscles.

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

