









# Shaker Pointe's January 2018 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Mon. January 1</b> 9-11:00 AM Open Swim w/ Neighbors-Cancelled 9:00 AM-Chair Yoga-Cancelled 12:00-1:00 PM-Aqua PiYo Chi-Cancelled 1:30-3:30 PM Open Swim-Cancelled	<b>Tues. January 2</b> 9:00-11:00 AM Open Swim 9:15 Sit to be Fit-Cancelled 11:00-12:00PM Sit to be Fit-Cancelled 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	<b>Wed. January 3</b> 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Balance, 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim	<b>Thurs. January 4</b> 9:00-10:00 AM Osteo-Yoga-Cancelled 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	<b>Fri. January 5</b> 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	<b>Sat. January 6</b> 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
<b>Sun. January 7</b> 	<b>Mon. January 8</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	<b>Tues. January 9</b> 9:00-11:00 AM Open Swim 9:15 & 11:00AM Sit to be Fit Combined @ 11:00 AM 11:45-12:30 PM Aqua Arthritis 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	<b>Wed. January 10</b> 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Balance, 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim	<b>Thurs. January 11</b> 9:00-10:00 AM Osteo-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	<b>Fri. January 12</b> 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	<b>Sat. January 13</b> 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:00 2:00 PM-Seminar on Eye Health 1:30-3:00 Open Swim for Adults & Family
<b>Sun. January 14</b> 	<b>Mon. January 15</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	<b>Tues. January 16</b> 9:00-11:00 AM Open Swim 9:15 & 11:00AM Sit to be Fit Combined @ 11:00 AM 11:45-12:30 PM Aqua Arthritis 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	<b>Wed. January 17</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim	<b>Thurs. January 18</b> 9:00-10:00 AM Osteo-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	<b>Fri. January 19</b> 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	<b>Sat. January 20</b> 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:00-4:00 PM Self-Defense 1:30-3:00 Open Swim for Adults & Family
<b>Sun. January 21</b> 	<b>Mon. January 22</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	<b>Tues. January 23</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 11:45-12:30 PM Aqua Arthritis 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	<b>Wed. January 24</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim	<b>Thurs. January 25</b> 9:00-10:00 AM Osteo-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	<b>Fri. January 26</b> 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-	<b>Sat. January 27</b> 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:00-4:00 PM Self-Defense 1:30-3:00 Open Swim for Adults & Family
<b>Sun. January 28</b> 	<b>Mon. January 29</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	<b>Tue. January 30</b> 9:00-11:00 AM Open Swim 9:15 & 11:00AM Sit to be Fit Combined @ 11:00 AM 11:45-12:30 PM Aqua Arthritis 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	<b>Wed. January 31</b> 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-4:00 PM Open Swim			



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

**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.

**Aqua Arthritis**-45 minutes (All levels). This class is for people with arthritis and related conditions. It was developed jointly by the Arthritis Foundation and the YMCA of the USA, and is currently supported by the Aquatic Exercise Association. It is designed to reduce fatigue, pain, and stiffness, and improve mobility, muscle strength, and coordination.

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

**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.

**Balance**-45-60 minutes. (Beginner) This class will help to increase balance awareness by concentrating on 3 essentials 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.

**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

**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.

**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.

**Osteo-Yoga**- 45-60 minutes (Intermediate to Advance) This is a mat low impact class that helps to strengthen bones. No yoga knowledge or experience is needed. Use your own body for weight bearing without using hand held weights. Classic yoga and adaptive/ modified poses are incorporated.

**Sit to be Fit**-45-60 minutes (Beginner to Intermediate) A variety of exercises designed to increase your range or 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.

**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 in perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints.

**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!