










# Shaker Pointe's June 2018 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Fri. June 1</b> 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	<b>Sat. June 2</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. June 3</b>  alzheimer's association®	<b>Mon. June 4</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. June 5</b> 9:00-11:00 AM Open Swim <b>9:15-10:15 AM Sit to be Fit-combined with 11:00 AM Class</b> 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. June 6</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 2:00-3:00 PM-Wii Bowling-MPR	<b>Thurs. June 7</b> 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. June 8</b> 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	<b>Sat. June 9</b> <b>10:30-11:15 Zumba Gold-Cancelled</b> <b>11:45-12:30 PM Sit to be Fit-Cancelled</b> 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
<b>Sun. June 10</b> 	<b>Mon. June 11</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. June 12</b> 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. June 13</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 2:00-3:00 PM-Wii Bowling-MPR	<b>Thurs. June 14</b> 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. June 15</b> 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	<b>Sat. June 16</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 <b>1:00-Understanding Alzheimer's Seminar-MPR</b> 1:30-3:00 Open Swim for Adults & Family
<b>Sun. June 17</b> 	<b>Mon. June 18</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. June 19</b> 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit <b>11:00-12:00 AM Sit to be Fit-Combined with 9:15 AM Class</b> 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. June 20</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 2:00-3:00 PM-Wii Bowling-MPR	<b>Thurs. June 21</b> 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim <b>10:15-11:15 AM Zumba Gold-Cancelled</b> <b>1:15-2:15 PM, Balance, Advanced-Cancelled</b> 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. June 22</b> 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	<b>Sat. June 23</b> <b>10:30-11:15 Zumba Gold-Cancelled</b> <b>11:45-12:30 PM, Sit to be Fit-Cancelled</b> 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
<b>Sun. June 24</b> 	<b>Mon. June 25</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga <b>12:00-1:00 PM Aqua PiYo Chi-Cancelled</b> 1:30-3:30 PM Open Swim	<b>Tues. June 26</b> 9:00-11:00 AM Open Swim 9:15-10:15 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. June 27</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 2:00-3:00 PM-Wii Bowling-MPR	<b>Thurs. June 28</b> 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 10:15-11:15 AM Zumba Gold 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. June 29</b> 9:15-10:15 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Tai Chi for Balance 1:00-3:00 PM, Open Swim	<b>Sat. June 30</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

If you have any questions about the fitness program, please call [Kerry Engle, Fitness Director, at X1115](tel:7814381115)



## Description of Classes

**Advanced Tai Chi-(Kate and Erick)** 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 & coordination of the muscular, skeletal & cardiovascular systems. (Intermediate to Advanced)

**Aqua Arthritis-(Eileen)** This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination. (All levels)

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

**Aqua PiYo Chi-(Ellen)** This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment. (All levels)

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

**Balance-(Eileen, Jen)** Balance helps advance stability & 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. (Advanced)

**Tai Chi for Balance-(Kate)** Improve balance, strength and flexibility, increase your range of motion & build strength in lower extremities. Chair supported progressions are available. Tai Chi can be adapted for anyone, from people who are fit to folks who use a walker or a wheelchair. (Beginner)

**Cardio Sculpt-(Kerry)** Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching. (Advanced)

**Chair Yoga-(Noreen)** Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement. (All levels)

**Osteo-Yoga-(Noreen)** 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 h& held weights. Classic yoga & adaptive/modified poses are incorporated. (Intermediate to Advance)

**Sit to be Fit- (Kerry)** A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support. (Beginner to Intermediate)

**Water Works-(Eileen)** This high energy workout improves agility, flexibility, cardiovascular endurance & 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. (All levels)

**Zumba Gold-(Kerry)** The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance! (Advanced)


## What's Happening in Fitness

### Zumba Gold

**Thursdays at 10:15 a.m. & Saturdays at 10:30 a.m.**

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for older adults, beginners or others needing modifications in their exercise routine. Zumba Gold includes a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. The intention of the class is to move a little and have a lot of fun--even if you don't perform each move perfectly. Experience with dance is not required.

**Class Highlight  
of the Month**



**Alzheimer's  
Awareness  
Month**

Join Jared Rosenberg, Professor of Nutrition & Physiology on Saturday, June 16<sup>th</sup> at 1:00 p.m. in the multi-purpose room for a presentation on "Understanding Alzheimer's". Jared will be educating you by talking about early detection, causes and how to protect the aging brain.

### Class Cancellations for June

**Tuesday, June 5<sup>th</sup> 9:15 am** Sit to be Fit **will be combined** into the **11:00 am** Sit to be Fit  
**Saturday, June 9<sup>th</sup> 10:30 am** Zumba Gold is cancelled  
**Saturday, June 9<sup>th</sup> 11:45 am** Sit to be Fit is cancelled  
**Tuesday, June 19<sup>th</sup> 11:00 am** Sit to be Fit **will be combined** into the **9:15 am** Sit to be Fit  
**Thursday, June 21<sup>st</sup> 10:15 am** Zumba Gold is cancelled  
**Thursday, June 21<sup>st</sup> 1:15 pm** Advanced Balance is cancelled  
**Saturday, June 23<sup>rd</sup> 10:30 am** Zumba Gold is cancelled  
**Saturday, June 23<sup>rd</sup> 11:45 am** Sit to be Fit is cancelled  
**Monday, June 25<sup>th</sup> 12:00 pm** Aqua PiYo Chi is cancelled

If you have any questions about the fitness program, please call [Kerry Engle](mailto:kerry.enge@cityofchicago.org), Fitness Director, at [X1115](tel:3124621115)