

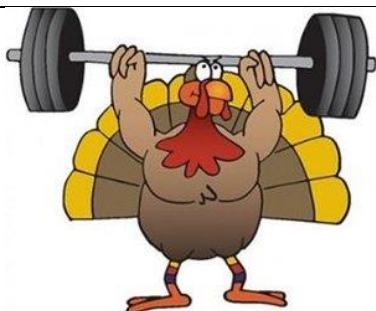





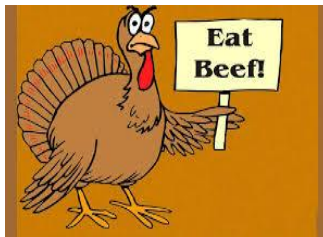


# Shaker Pointe's November 2018 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Thurs. November 1</b> 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. November 2</b> 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. November 3</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. November 4</b> 	<b>Mon. November 5</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> 1:00-2:00 PM Skin Care Seminar 1:00-3:00 PM Open Swim	<b>Tues. November 6</b> 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. November 7</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. November 8</b> 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. November 9</b> 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. November 10</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. November 11</b> 	<b>Mon. November 12</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	<b>Tues. November 13</b> 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. November 14</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. November 15</b> 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. November 16</b> 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	<b>Sat. November 17</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. November 18</b> 	<b>Mon. November 19</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	<b>Tues. November 20</b> 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. November 21</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	<p style="text-align: center;"><b>Happy Thanksgiving</b></p> <p style="text-align: center;"><b>All classes, open swims &amp; open swim                      with neighbors cancelled for                      Thanksgiving Day</b></p>	<b>Fri. November 23</b> 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi	<b>Sat. November 24</b> 10:30-11:15 Zumba Gold <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. November 25</b> 	<b>Mon. November 26</b> 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	<b>Tues. November 27</b> 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	<b>Wed. November 28</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. November 29</b> 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Balance, Advanced 3:00-5:00 PM, Open Swim w/ Neighbors	<b>Fri. November 30</b> 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Cardio Sculpt 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim	

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

## Description of Classes

**Advance 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-(Kate)** 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)

**Aqua Bootcamp-(Kerry)** Aquatic Bootcamp is a HIGH INTENSITY water fitness program that provides the benefits of a pool, with little to no impact on joints and expands lung capacity, as well as the benefits of strength and endurance training. (Advanced)

**Beginner 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.

**Body in Balance (Noreen)** Our bodies change as we age. How you position yourself can help or hurt your health over your lifetime. Posture is not only about how well you sit, but how well you move and go about your daily life. Through corrective exercises, this advance class will help you regain postural control. You need to be able to get on the floor to participate in this class.

**Cardio Sculpt-(Kerry, Noreen)** 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 & Jen)** 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)

**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

### Aquatic Boot Camp

**Thursdays at 12:00 p.m. with Kerry**

Get ready to be challenged by the resistance of the water in Aqua Bootcamp! This intense water class combines strength training and aerobic conditioning with water resistance to give you an awesome overall body workout! You will increase your cardiovascular endurance, flexibility, coordination, agility, muscle strength and toning all with little to no impact on joints. Class varies every week. Water shoes are encouraged.

Class Highlight  
of the Month



Join Amanda from **Complexions Spa for Beauty & Wellness** on **Monday, November 5<sup>th</sup> at 1:00 p.m.**, in the **Multi-Purpose room** for a seminar on **Skin Care & Aging Gracefully**. This seminar will focus on a good skin care routine for morning and night, learning steps to get a successful facial, renewing skin tone through microdermabrasion, the newest trend to remove facial hair through dermaplaning, generating new collagen through microneedling, pros & cons of Botox, fillers & educating yourself on special ingredients in cleansers

### Class Cancellations for November

Monday, November 5<sup>th</sup> **Aqua PiYo-Chi at 12:00 p.m.** is cancelled

Thursday, November 22<sup>nd</sup>, (Thanksgiving Day) **Body in Balance at 9:00 a.m.** is cancelled, **Open Swim at 10:00-12:00 p.m.** is cancelled, **Aquatic Bootcamp at 12:00 p.m.** is cancelled, **Advance Balance at 1:15 p.m.** is cancelled and **Open Swim at 3:00-5:00 p.m.** is cancelled

Saturday, November 24<sup>th</sup> **Sit to be Fit at 11:45 a.m.** is cancelled