









SHAKER POINTe'S MARCH 2019 FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fri. March 1 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	Sat. March 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. March 3 	Mon. March 4 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. March 5 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 1:00-2:00-Seminar-Benefits of Massage-MPR 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 6 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 1:30-4:30 PM-Wii Bowling League-MPR	Thurs. March 7 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:00-2:00 PM Wii Bowling League-MPR 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 8 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	Sat. March 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. March 10 	Mon. March 11 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. March 12 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 Water Works 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 13 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 1:30-4:30 PM-Wii League Bowling-MPR	Thurs. March 14 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:00-2:00 PM Wii Bowling League-MPR 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 15 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	Sat. March 16 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit-Cancelled 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. March 17 	Mon. March 18 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. March 19 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	Wed. March 20 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 1:30-4:30 PM-Wii Bowling League-MPR	Thurs. March 21 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:00-2:00 PM Wii Bowling League-MPR 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 22 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	Sat. March 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. March 24	Mon. March 25 9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:00-3:00 PM Open Swim	Tues. March 26 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	Wed. March 27 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM Open Swim 1:30-4:30 PM-Wii Bowling League-MPR	Thurs. March 28 9:00-10:00 AM Body in Balance 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:00-2:00 PM Wii Bowling League-MPR 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 29 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	Sat. March 30 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. March 31						

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

DESCRIPTION OF CLASSES

Advance Balance-(Eileen) 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 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)

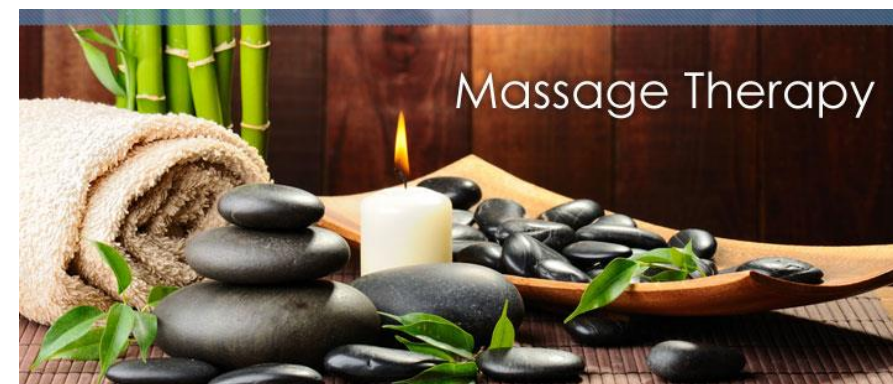
Zumba Gold-(Kerry) The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance! (Advanced)

Class Cancellations for March

Saturday, March 16th Sit to be Fit at 11:45 a.m., is cancelled

What's Happening in Fitness

Welcome Michele Salway, Liscensed Massage Therapist to Shaker Pointe



Michele graduated from the highly esteemed massage program at the Center for Natural Wellness in Albany, NY and received her NYS License in June 2006. She completed her Thai Massage Certification from the Nayada Institute, in Buffalo, NY and has specialized in Thai Yoga Massage since 2010. Michele recently studied with Lee Albert, the author and practitioner of "Live Pain Free": Eliminate Chronic Pain without Drugs or Surgery, at Kripalu Center in Lenox, MA. Michele is also a certified Reiki Levels 1 and 2 practitioner. Her other passion is skin care in which she graduated from the Aesthetic Science Institute in Latham, NY and received her NYS Esthetics License in November 2011. She became a Certified Dr. Hauschka Esthetician in October, 2015 after completing her intensive training from the Dr Haushka Institute, in Deerfield MA.

Please join Michele Salway, Licensed Massage Therapist, on **Tuesday, March 5th from 1-2 p.m.**, in the **multi-purpose room** for a seminar on the **Therapeutic Benefits of Massage for the Older Adult**.

From 2-4 p.m., Michele will be drawing 8 lucky winners to give a 10 minute chair massage to.

(have to be at seminar to win)

Some of the benefits that will be discussed:

- Physical and Mental relaxation
- Sleep Improvement
- Joint Pain
- Alleviating Depression
- Quicker Healing From Injuries or Illnesses

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