







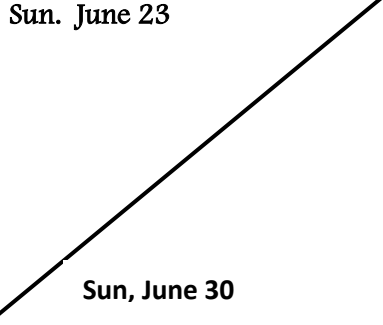


Shaker Pointe's June 2019 Fitness Calendar

First Hour of Open Swim is Adult Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>Sat. June 1</p> <p>10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-3:00 Open Swim</p>
<p>Sun. June 2</p> 	<p>Mon. June 3</p> <p>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</p>	<p>Tues. June 4</p> <p>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 Advanced Balance</p>	<p>Wed. June 5</p> <p>9:00 AM-Walking Club-Great Room 10:45-11:45 AM Cardio Sculpt-Balance 11:45-12:45 PM Beginner 12:00-1:00 PM Aqua PiYo Chi 1:30-2:30 PM-Wii Bowling-MPR 2:00-4:00 PM Open Swim</p>	<p>Thurs. June 6</p> <p>9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats, Beginner 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors</p>	<p>Fri. June 7</p> <p>9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats, Advanced 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim</p>	<p>Sat. June 8</p> <p>10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-3:00 Open Swim</p>
<p>Sun. June 9</p> 	<p>Mon. June 10</p> <p>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</p>	<p>Tues. June 11</p> <p>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 1:00-2:00 PM GlamorEYES Presentation with Jen-MPR 1:30-2:30 PM Advance Balance</p>	<p>Wed. June 12</p> <p>9:00 AM-Walking Club-Great Room 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner 12:00-1:00 PM Aqua PiYo Chi 1:30-2:30 PM-Wii Bowling-MPR 2:00-4:00 PM Open Swim</p>	<p>Thurs. June 13</p> <p>9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats, Beginner 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors</p>	<p>Fri. June 14</p> <p>9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats, Advanced 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim</p>	<p>Sat. June 15</p> <p>10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-3:00 Open Swim</p>
<p>Sun. June 16</p> 	<p>Mon. June 17</p> <p>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</p>	<p>Tues. June 18</p> <p>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 Advance Balance</p>	<p>Wed. June 19</p> <p>9:00 AM-Walking Club-Great Room 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner 12:00-1:00 PM Aqua PiYo Chi 1:30-2:30 PM-Wii Bowling-MPR 2:00-4:00 PM Open Swim</p>	<p>Thurs. June 20</p> <p>9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats, Beginner-Cancelled 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors</p>	<p>Fri. June 21</p> <p>9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats, Advanced 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim</p>	<p>Sat. June 22</p> <p>10:30-11:15 Zumba Gold-Cancelled 11:45-12:30 PM Sit to be Fit-Cancelled 12:30-3:00 Open Swim</p>
<p>Sun. June 23</p>  <p>Sun, June 30</p>	<p>Mon. June 24</p> <p>9-11:00 AM Open Swim w/ Neighbors 9:00-10:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi-Cancelled 1:00-3:00 PM Open Swim</p>	<p>Tues. June 25</p> <p>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 Advanced Balance</p>	<p>Wed. June 26</p> <p>9:00 AM-Walking Club-Great Room 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 12:00-1:00 PM Aqua PiYo Chi-Cancelled 1:30-2:30 PM-Wii Bowling-MPR 2:00-4:00 PM Open Swim</p>	<p>Thurs. June 27</p> <p>9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats, Beginner 10:00 AM-12:00 Noon, Open Swim 12:00-1:00-Aqua Bootcamp 1:15-2:15 PM, Wii Balance 3:00-5:00 PM, Open Swim w/ Neighbors</p>	<p>Fri. June 28</p> <p>9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats, Advanced 11:00-12:00 Advanced Tai Chi 1:00-3:00 PM, Open Swim</p>	<p>Sat. June 29</p> <p>10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-3:00 Open Swim</p>

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 as well as the benefits of strength & endurance training. (Advanced)

Beginner Balance-(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) Posture is not only about how well you sit, but how well you move & 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) 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)

Golden Beats, Beginner-(Kerry) Get in shape with a powerful beat & rhythms of the Drums. Drums Alive® is the original & only evidence-based drumming fitness, health, wellness program that provides a “Whole Brain & Whole Body” workout.

Golden Beats, Advanced-(Noreen) Dance & move your way to fitness & have a lot of fun doing it. You’ll feel the pulsating rhythms & powerful percussions as they drive dynamic movements in this new dance & rhythm program.

Sit to be Fit- (Kerry/Jen) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or st&ing 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)

Wii Balance-(Jen)- Exergaming balance games that consist of nine activities that focus on directly controlling the game using the player's center of balance. (Intermediate to Advanced)

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



Tuesday, June 11th at 1:00 p.m.
Multi-purpose room

Makeup Artist Jen McCarthy, from True Grace Makeup, is back for another series of Makeup for the Mature Face with **GlamourEYES!!** This is an interactive presentation to learn tips and tricks for the more mature eye.

Raffle will be held for a make up bag clean out and update. This \$50 gift includes going through your current product, how you can use your current product, new ways to apply the make up you already have and adding some new tools to your bag. **Must be present to win prize**



Congratulations:

Carole Egan won the Route 66 challenge with a whopping mile count of 3,214 miles. Carole won a free make over from Jen at True Grace Makeup. Congratulations to everyone who competed. You all did great!!

“Good for You” Nancy S., Sheila M., Mary M., Polly G., and Doc O., for going to the Pine Bush on Wednesday the 15th and completing a 1-mile nature walk.

Join Brigid and Kerry in the Great Room on Wednesday mornings at 9:00 a.m. for Shaker Pointe’s Walking Club



Class Changes or Cancellations

Thursday, June 20th at 10:00 AM, Golden Beats Beginner is cancelled*Saturday, June 22nd at 10:30 AM, Zumba Gold is cancelled*Saturday, June 22nd at 11:45 AM, Sit to be Fit is cancelled*Monday, June 24th at 12:00 PM, Aqua Piyo Chi is cancelled* Wednesday, June 26th at 12:00 PM, Aqua Piyo Chi is cancelled

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