









Shaker Pointe's March 2020 Fitness Calendar

First Hour of Open Swim is Adult Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sun. March 1 	Mon. March 2 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 3 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 12:00-12:45 PM Aqua Arthritis 12:45-1:30 PM Water Works 1:45-2:30 PM Advanced Balance	Wed. March 4 10:45-11:45 AM Cardio Sculpt- 12:00-1:00 PM Aqua PiYo Chi- 12:00-4:00 PM-Wii Bowling League 2:00-4:00 PM Open Swim	Thurs. March 5 9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats 10:00 AM-12:00 Noon, Open Swim 12:00-1:00 PM Fall Prevention 1:15-2:15 PM Strengthify 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 6 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM Golden Beats 11:00-12:00 PM Tai Chi for Well-Being 1:00-3:00 PM Open Swim	Sat. March 7 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-3:00 Open Swim
Sun. March 8 	Mon. March 9 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 10 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 12:00-12:45 PM Aqua Arthritis 12:45-1:30 PM Water Works 1:45-2:30 PM Advanced Balance	Wed. March 11 10:45-11:45 AM Cardio Sculpt- 12:00-1:00 PM Aqua PiYo Chi- 12:00-4:00 PM-Wii Bowling League 2:00-4:00 PM Open Swim	Thurs. March 12 9:00-10:00 AM Body in Balance-Cancelled 10:00-11:00 AM Golden Beats 10:00 AM-12:00 Noon, Open Swim 12:00-1:00 PM Fall Prevention 1:15-2:15 PM Strengthify 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 13 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM Golden Beats 11:00-12:00 PM Tai Chi for Well-Being 1:00-3:00 PM Open Swim	Sat. March 14 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-3:00 Open Swim
Sun. March 15 	Mon. March 16 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 17 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 12:00-12:45 PM Aqua Arthritis 12:45-1:30 PM Water Works 1:45-2:30 PM Advance Balance	Wed. March 18 10:45-11:45 AM Cardio Sculpt 12:00-1:00 PM Aqua PiYo Chi 12:00-4:00 PM-Wii Bowling Open Bowling-MPR 2:00-4:00 PM Open Swim	Thurs. March 19 9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats 10:00 AM-12:00 Noon, Open Swim 12:00-1:00 PM Fall Prevention 1:15-2:15 PM Strengthify 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 20 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats 11:00-12:00 PM Tai Chi for Well-Being-Cancelled 1:00-3:00 PM Open Swim	Sat. March 21 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-3:00 Open Swim
Sun. March 22 	Mon. March 23 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 24 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 12:00-12:45 PM Aqua Arthritis 12:45-1:30 PM Water Works 1:45-2:30 PM Advance Balance	Wed. March 25 10:45-11:45 AM Cardio Sculpt 12:00-1:00 PM Aqua PiYo Chi 12:00-4:00 PM-Wii Bowling League 2:00-4:00 PM Open Swim	Thurs. March 26 9:00-10:00 AM Body in Balance 10:00-11:00 AM Golden Beats 10:00 AM-12:00 Noon, Open Swim 12:00-1:00 PM Fall Prevention 1:15-2:15 PM Strengthify 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 27 9:00-10:00 AM, Chair Yoga 10:00-11:00 AM, Golden Beats 11:00-12:00 PM Tai Chi for Well-Being 1:00-3:00 PM Open Swim	Sat. March 28 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit 12:30-3:00 Open Swim
Sun. March 29 	Mon. March 30 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 31 9:00-11:00 AM Open Swim 10:00-11:00 AM Sit to be Fit 12:00-12:45 PM Aqua Arthritis 12:45-1:30 PM Water Works 1:45-2:30 PM Advance Balance				Red Highlight=New Class Bold Black text=Cancellation

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. **Four Pong is played the last ½ hour of class**

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

Aqua PiYo Chi, All Levels-(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.

Body in Balance, Intermediate to Advance-(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, Advanced-(Kerry/Valerie) 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.

Chair Yoga, All Levels-(Noreen & Jen B.) 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.

Fall Prevention-All Levels-(Kerry/Eileen) This class is designed to challenge your balance plus increase your cognitive ability through balance games, cognition and multi-tasking drills. Class is for all levels.

Golden Beats -(Kerry & Noreen) 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.

Sit to be Fit, Beginner to Intermediate-(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 standing support.

Strengthenify-Intermediate to Advance- (Kerry/Eileen) This class will focus on total body and core strength using weights and bands. There is no cardio segment in this class

Tai Chi for Well-Being, All Levels-(Kate) This class is designed to introduce new Tai Chi participants to the gentle movement of Tai chi. Class focuses on balance & coordination of the muscular, skeletal & cardiovascular systems. Can be done seated or standing

Water Works, All Levels-(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.

Zumba Gold, Advanced-(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!

Class Cancellations

Thursday, March 12th Body in Balance at 9:00 a.m. is cancelled

Friday, March 20th Tai Chi for Well-Being at 11:00 a.m. is cancelled

What's Happening in Fitness



A new way to train!!

Training in the water alleviates stress to various joints of your body and still allows for resistance, flexibility and strengthening. Try a personalized aquatic fitness training session! **Call Kerry at X1115** for more information



Our **Friday, Golden Beats at 10:00 a.m.**, is back!! Get in shape with a powerful beat & rhythms of the drums. Join Noreen for this whole brain & whole-body workout.



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