







Shaker Pointe's January 2022 Fitness Calendar

First Hour of Open Swim is Adult Only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Sat. January 1 All Classes & Open Swim are Cancelled for New Years Day
Sun. January 2 12:15-1:00 PM-Chair Yoga 1:15-2:00 PM-Beginning Yoga	Mon. January 3 10:00-12:00 PM-Open Swim 12:00-1:00 PM- SilverSneakers Splash-Pool 1:00-2:00 PM-SilverSneakers Boom-Muscle	Tues. January 4 9:00-11:00 AM Open Swim 9:30-10:15 AM-Chair Yoga 10:30-11:15 AM SilverSneakers Circuit 11:00-12:00 PM-Wii Bowling -FR 12:00-1:00 PM Aqua PiYo Chi 2:00-4:00 PM-Open Swim	Wed. January 5 10:00-12:00 PM-Open Swim 11:00-12:00 PM Caregiver Bootcamp VII-FR 12:00-1:00 PM SilverSneakers Stability 1:00-2:00 PM-Advanced Balance/Four Pong	Thurs. January 6 9:00-11:00 AM-Open Swim 10:00-11:00 AM Body in Balance 12:00-1:00-Aqua PiYo Chi-Pool 1:00-2:00 PM-SilverSneakers Classic 2:00-3:00 PM-Line Dancing 1:30-3:30 PM-Open Swim	Fri. January 7 10:00-11:00 AM-Chair Yoga- 11:00-12:00 AM Wii Golf-FR 10:00-12:00 PM-Open Swim 1:00-2:00 PM-Drums Alive	Sat. January 8 10:00-11:00 AM-Golden Beats 11:15-12:15 PM-Zumba Gold 1:00-3:00 PM-Open Swim
Sun. January 9 12:15-1:00 PM-Chair Yoga 1:15-2:00 PM-Beginning Yoga	Mon. January 10 10:00-12:00 PM-Open Swim 12:00-1:00 PM- SilverSneakers Splash-Pool 1:00-2:00 PM-SilverSneakers Boom-Muscle	Tues. January 11 9:00-11:00 AM Open Swim 9:30-10:15 AM-Chair Yoga 10:30-11:15 AM SilverSneakers Circuit 11:00-12:00 PM-Wii Bowling-FR 12:00-1:00 PM Aqua PiYo Chi-Pool 2:00-4:00 PM-Open Swim	Wed. January 12 10:00-12:00 PM-Open Swim 12:00-1:00 PM SilverSneakers Stability 1:00-2:00 PM-Advanced Balance/Four Pong	Thurs. January 13 9:00-11:00 AM-Open Swim 10:00-11:00 AM Body in Balance 12:00-1:00-Aqua PiYo Chi-Pool 1:00-2:00 PM-SilverSneakers Classic 2:00-3:00 PM-Nia- 1:30-3:30 PM-Open Swim	Fri. January 14 10:00-11:00 AM-Chair Yoga 10:00-12:00 PM-Open Swim 11:00-12:00 AM Wii Golf-FR 1:00-2:00 PM-Drums Alive	Sat. January 15 10:00-11:00 AM-Golden Beats 11:15-12:15 PM-Zumba Gold 1:00-3:00 PM-Open Swim
Sun. January 16 12:15-1:00 PM-Chair Yoga 1:15-2:00 PM-Beginning Yoga	Mon. January 17 10:00-12:00 PM-Open Swim 12:00-1:00 PM- SilverSneakers Splash-Pool 1:00-2:00 PM-SilverSneakers Boom-Muscle	Tues. January 18 9:00-11:00 AM Open Swim 9:30-10:15 AM-Chair Yoga 10:30-11:15 AM SilverSneakers Circuit 11:00-12:00 PM-Wii Bowling-FR 12:00-1:00 PM Aqua PiYo Chi-Pool 2:00-4:00 PM-Open Swim	Wed. January 19 10:00-12:00 PM-Open Swim 12:00-1:00 PM SilverSneakers Stability 1:00-2:00 PM-Advanced Balance/Four Pong	Thurs. January 20 9:00-11:00 AM-Open Swim 10:00-11:00 AM Body in Balance 11:00-12:00 PM-Presentation-Anatomy of a Fall-FR 12:00-1:00-Aqua PiYo Chi-Pool 1:00-2:00 PM-SilverSneakers Classic 2:00-3:00 PM-Line Dancing 1:30-3:30 PM-Open Swim	Fri. January 21 10:00-11:00 AM-Chair Yoga 10:00-12:00 PM-Open Swim 11:00-12:00 AM Wii Golf-FR 1:00-2:00 PM-Drums Alive	Sat. January 22 10:00-11:00 AM-Golden Beats 11:15-12:15 PM-Zumba Gold 1:00-3:00 PM-Open Swim
Sun. January 23 12:15-1:00 PM-Chair Yoga 1:15-2:00 PM-Beginning Yoga	Mon. January 24 10:00-12:00 PM-Open Swim 12:00-1:00 PM- SilverSneakers Splash-Pool 1:00-2:00 PM-SilverSneakers Boom-Muscle	Tues. January 25 9:00-11:00 AM Open Swim 9:30-10:15 AM-Chair Yoga 10:30-11:15 AM SilverSneakers Circuit 11:00-12:00 PM-Wii Bowling-FR 12:00-1:00 PM Aqua PiYo Chi-Pool 2:00-4:00 PM-Open Swim	Wed. January 26 10:00-12:00 PM-Open Swim 12:00-1:00 PM SilverSneakers Stability 1:00-2:00 PM-Advanced Balance/Four Pong	Thurs. January 27 9:00-11:00 AM-Open Swim 10:00-11:00 AM Body in Balance 12:00-1:00-Aqua PiYo Chi-Pool 1:00-2:00 PM-SilverSneakers Classic 2:00-3:00 PM-Nia 1:30-3:30 PM-Open Swim	Fri. January 28 10:00-11:00 AM-Chair Yoga 10:00-12:00 PM-Open Swim 11:00-12:00 AM Wii Golf-FR 1:00-2:00 PM-Drums Alive	Sat. January 29 10:00-11:00 AM-Golden Beats 11:15-12:15 PM-Zumba Gold 1:00-3:00 PM-Open Swim
Sun. Jan. 30 12:15-1:00 PM-Chair Yoga 1:15-2:00 PM-Beginning Yoga	Mon. January 31 10:00-12:00 PM-Open Swim 12:00-1:00 PM-SS Splash 1:00-2:00 PM-SS Boom Muscle					Red Highlight=New Class/Time or Cancellation

If you have any questions about the fitness program, please call Kerry Engle, Fitness Director at X1115-More information on other side

Description of Classes

Advanced Balance/Four Pong-(Eileen)-Take your balance to the next level with practical drills to increase agility, balance, coordination, reaction time and power. This class is ½ hour long with our popular four pong being played the last ½ hour.

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.

Beginning Yoga-(Noreen) experience basic standing yoga postures for both new and experienced yoga enthusiasts. If the thought of yoga has seemed intimidating in the past, this is the class for you. Class is focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment.

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

Chair Yoga, All Levels-(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.

Drums Alive- Intermediate to Advanced-(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-(All Levels)-(Noreen) “Class is designed for sitting or standing” Golden Beast is the "original" rhythmical, drumming fitness program specifically designed for the older adult. This is a fun, brain and body wellness class which combines rhythmical drumming and movement with fitness.

Line Dancing-Intermediate to Advanced-(Noreen/Kerry)- Enjoy a fabulous mind-body workout while line dancing your way to better health! Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. No partner needed!!

Nia-Intermediate to Advanced-(Diane) This self-healing fitness & movement class is taught to inspirational music. Class is designed to incorporate precision of The Martial Arts (Tai Chi, Tae Kwon Do, Aikido); the expression and fun of The Dance Arts (Jazz, Modern, Duncan); and the mindfulness of The Healing Arts (Yoga, Feldenkrais, Alexander). It's fun and playful, conditioning & relaxing. This is a great way to take care of your whole self. Class is done in bare feet, but it is not a requirement.

SilverSneakers Circuit, Intermediate to Advance-(Noreen)-Experience standing, low-impact choreography alternated with standing upper-body strength work.

SilverSneakers Classic, Beginner to Intermediate-(Noreen) This class is designed to increase strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

SilverSneakers Boom Muscle-Intermediate but modifications available for all levels-(Eileen) Try MUSCLE, a unique blend of cardio and strength-based exercises. Enjoy an action-packed workout with moves inspired by your favorite sports like golf and tennis.

SilverSneakers Splash, All Skill Levels-(Eileen) This is a fun shallow-water exercise class, you'll use a signature splashboard to increase strength and endurance. SilverSneakers Splash is suitable for all skill levels and is safe for non-swimmers.

SilverSneakers Stability-Beginner to Intermediate-(Kerry/Eileen) Focus is on improving balance and lower body strength. The class is designed to decrease the risk of falls and strengthen the ankle, knee and hip joints. This standing class uses chair support and a variety of training technique to advance muscular endurance, cognition and skills for fall prevention

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!

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