

Active Adults Fitness Class Schedule

October 17 - December 30, 2016

MONDAY		
8:00-9:00am	Water Aerobics**	Jeanne
9:00-10:00am	Low Impact Water Aerobics**	Jeanne
11:00-12:15am	Gentle Yoga*	CM
1:30-2:30pm	 SS Classic	Sonia
4:15-5:15pm		Helene
5:30-6:30pm	Yoga	Wendy
TUESDAY		
8:00-9:00am	Water Aerobics**	Nancy
8:45-9:45am	 SS Classic*	Wendy
9:00-10:00am	Low Impact Water Aerobics**	Jeanne
9:15-10:15am	Yoga*	Andi
1:30-2:30pm	 SS Boom Muscle / Mind	Sonia/ Virginia
4:15-5:15pm		Staff
6:45-7:45pm	Barre Tone	Virginia
WEDNESDAY		
8:45-9:45am	 SS Boom Move It / Mind*	Sonia
8:00-9:00am	Water Aerobics**	Jeanne
9:00-10:00am	Low Impact Water Aerobics**	Jeanne
11:00-12:15pm	Gentle Yoga*	CM
1:30-2:30pm	 SS Circuit	Wendy
4:15-5:15pm		Helene

THURSDAY		
8:00-9:00am	Water Aerobics**	Jeanne
8:45-9:45am	 SS Circuit	Sonia
9:00-10:00am	Low Impact Water Aerobics**	Jeanne
10:30-11:30am	Pilates	Wendy
4:15-5:15pm		Staff
6:30-7:45pm	Yoga	Robyn
FRIDAY		
8:00-9:00am	Water Aerobics**	Jeanne
9:00-10:00am	Low Impact Water Aerobics**	Jeanne
9:00-10:00am	Gentle Movement*	Wendy
9:15-10:15am	Yoga*	Nikki
SATURDAY		
8:30-9:30am	Barre Tone*	Virginia
11:00-12:00pm	Yoga	Maggie
SUNDAY		
9:30-10:30am	Yoga*	Robyn
10:45-11:45am		Staff

Fitness classes are included with ECC membership passes and daily admission fees.

SilverSneaker classes are open to all participants, you do not need to be a SilverSneaker member in order to take these classes.

For additional aqua classes/days/times see aquatic schedule
Schedule subject to change. Visit www.erieco.gov/fitness for updates.

Contact Guest Service at 303.926.2550.
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*Classes held in Community Rooms

**Classes held in the pool

Class descriptions on reverse side.

ACTIVE ADULE FITNESS CLASS DESCRIPTIONS

AQUATIC PROGRAMS

LOW IMPACT WATER AEROBICS: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization. This class also includes exercises designed for participants with arthritis. In addition to the above, you will work on range of motion to assist in reducing joint pain.

WATER AEROBICS: Join us for a total body workout that will physically challenge you! The water provides great resistance and a low-impact workout. This class is for everyone!

GROUP FITNESS

BARRE TONE: An intense ballet barre and floor workout that will strengthen, lengthen and sculpt your legs, glutes and core muscles.

GENTLE MOVEMENT: This class begins with gentle stretching and range of motion training, followed by balance work, light weight training, and strengthening exercises to increase bone density.

ZUMBA: A fusion of Latin and International music and dance styles that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms. "Ditch the workout and join the party."

MIND BODY

GENTLE YOGA: Both beginning and experienced students will benefit from a focus on the fundamentals of form and alignment in basic poses. Participants will explore balance, strength, and flexibility while discovering the power of breath to release stress. Each class ends with a guided, deep relaxation.

NIA: Promotes strength and muscle definition through a fusion of martial arts, healing arts and dance. Its holistic approach unites the body and mind, and creates an exhilarating workout anyone can follow. All Nia movements are adaptable and can be personalized for any level of fitness and agility.

PILATES: Is a rhythmic, focused exercise that connects one movement to the next, building greater endurance, flexibility, control, and core strength.

YOGA: Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breath work will be included.

SILVER SNEAKER PROGRAMS

BOOM MIND: Focus on improving balance and flexibility in this class inspired by yoga and Pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout. Each exercise begins at a base level and offers progressions to accommodate all participants

BOOM MOVE IT: Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout. This fun, high-energy, dance fitness class is achievable for beginning exercisers, experienced dancers, and everyone in between.

BOOM MUSCLE: Fitness just got functional with a unique blend of cardio and strength based athletic moves. There's never a dull moment in this action-packed workout featuring athletic moves taken from your favorite sports like golf and tennis.

SILVERSNEAKERS CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. Also, a chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact, aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.