

Active Adults Fitness Class Schedule

January 2 - May 31, 2017

MONDAY		
8:00 - 9:00 am	Water Aerobics** 	Aqua Instructor
9:00 - 10:00 am	Low Impact Water Aerobics** 	Aqua Instructor
11:00 am - 12:15 pm	Gentle Yoga* 	CM
1:30 - 2:30 pm	 SS Classic	Sonia
4:15 - 5:15 pm	 	Helene
5:30 - 6:30 pm	Yoga 	Wendy
TUESDAY		
8:00 - 9:00 am	Water Aerobics** 	Aqua Instructor
8:45 - 9:45 am	 SS Classic* 	Wendy
9:00 - 10:00 am	Low Impact Water Aerobics** 	Aqua Instructor
9:15 - 10:15 am	Yoga* 	Andi
1:30 - 2:30 pm	Cardio, Strength and Stretch	Arin
4:15 - 5:15 pm	 	Roslynn
6:45 - 7:45 pm	Barre Fusion 	Maggie
WEDNESDAY		
8:45 - 9:45 am	Dance Fitness* 	Arin
8:00 - 9:00 am	Water Aerobics** 	Aqua Instructor
9:00 - 10:00 am	Low Impact Water Aerobics** 	Aqua Instructor
11:00 am - 12:15 pm	Gentle Yoga* 	CM
1:30 - 2:30 pm	 SS Circuit	Wendy
4:15 - 5:15 pm	 	Helene

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

Fitness classes are included with ECC membership passes and daily admission fees.
For additional aqua classes/days/times see aquatic schedule
Aqua Instructors are on a rotation

 KidStation Available (6 months - 6 years)
Space is limited, subject to availability
Schedule subject to change. Visit www.erieco.gov/fitness for updates.

Contact Guest Service at 303.926.2550.
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GROUP FITNESS

BARRE FUSION: A unique blend of ballet barre moves, Pilates, and core strengthening exercises. Come challenge yourself in with this full body workout that will strengthen, lengthen and sculpt your muscles.

CARDIO, STRENGTH, AND STRETCH: Start off with 30 minutes of total body workout which will alternate between cardio and strength exercises to build cardiorespiratory endurance and muscular strength. Finish up with 30 minutes of Yoga, Pilates, and stretching moves to improve balance and promote flexibility.

DANCE FITNESS: A fun, high-energy, dance cardio workout with easy to follow choreography. Modifications are given to make this workout perfect for all fitness and dance levels! The last 15 minutes of class will relax your mind and stretch your muscles to improve balance and promote flexibility.

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

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.

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.

SILVERSNEAKERS FITNESS PROGRAMS

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 CURCUIT: 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.

AQUATICS

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!

LOW IMPACT WATER AEROBICS: Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization.