

# Exercise Classes

Online at [www.healthlinksa.com](http://www.healthlinksa.com)

## Land Exercise Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>9:00</b>	Conditioning Diane	Conditioning Paty		Zumba Paty	Cardio Blast Vicki	Cardio-Dance Mix Jackie	
<b>10:15</b>	Hatha Yoga Gail	Stability Ball Jackie	Hatha Yoga Jackie	Stretch Jackie	Yoga Flow Anne		
<b>11:30</b>		Senior Strength Glenda	Just Move It Diane	Senior Strength Glenda			
<b>12:30</b>	SilverSneakers® Muscular Strength & Range of Motion Diane	Tai Chi Joyce	SilverSneakers® Muscular Strength & Range of Motion Diane	Tai Chi Joyce	SilverSneakers ® Cardio Circuit Vicki/Diane		
<b>1:30</b>	SilverSneakers® Muscular Strength & Range of Motion Michelle	SilverSneakers® Muscular Strength & Range of Motion Glenda		SilverSneakers® Muscular Strength & Range of Motion Glenda			
<b>5:45</b>	Yoga Flow Paty	<b>6:00 PM:</b> Zumba Paty	Yoga Flow Paty	<b>6:00 PM:</b> Zumba Paty			

## Aquatic Exercise Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Open at 5:30	Open at 5:30	Open at 5:30	Open at 5:30	Open at 5:30	Open at 7 am	CLOSED
<b>7:45</b>	Aquasize Ruth	(5:30-8:30)	Aquasize Ruth	(5:30-8:30)	Aquasize Ruth	(7-9)	
<b>8:30</b>	(5:30-7:30)	Deep Water Vicki	(5:30-7:30)	Deep Water Vicki	(5:30-7:30)		
<b>9:00</b>	Aquasize Ruth	(9:30-10:30)	Aquasize Ruth	(9:30-10:30)	Aquasize Ruth	Aquasize Vicki/Izzy	
<b>10:00</b>	(10:00-10:25)		(10:00-10:25)		(10:00-10:25)	Fit for H2o Vicki/Izzy	
<b>10:30</b>	Water Works Diane	Fit for H2o Vicki	Water Works Diane	Fit for H2o Vicki	Water Works Vicki/Diane		
	<b>Pool Closed 11:30-12:30</b>					<b>11:00-12:00</b>	
<b>12:30</b>	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	Arthritis Glenda	(12:00-4:45)	
<b>1:30</b>	Fit for H2o Glenda	(1:30-6:00)	Fit for H2o Glenda	(1:30-6:00)	(1:30-6:45)		
<b>5:15</b>	(2:30-5:45)		(2:30-5:45)				
<b>6:00</b>	Aquasize Vicki	Deep Water Izzy	Aquasize Vicki	Deep Water Vicki		<b>Close at 4:45</b>	
	Close at 7 pm	Close at 7 pm	Close at 7 pm	Close at 7 pm	Close at 6:45		

## CLASS DESCRIPTIONS

### LAND EXERCISE

**Stability Ball Class:** A 45-minute class that uses a stability ball to effectively target your core musculature while increasing flexibility and overall body balance. (Any level)

**Conditioning:** Class designed to work all muscle groups through use of body bars, bands, dumbbells and steps. Class format is dedicated to toning and developing overall body strength. (Any Level)

**Cardio Blast:** Class designed to increase overall muscular strength and cardiovascular conditioning through use of body bars, bands, dumbbells and steps. Class format will focus on functional movements and multi-joint exercises. (Any Level)

**Cardio-Dance Mix:** This 70 minute class consists of 50 minutes of fun and energizing dance that provides continuous cardiovascular conditioning using various dance patterns including traditional aerobics, Latin boogie, rock, country, and pop. This is followed by 20 minutes of weight training with hand-held weights, bars, and bands. (Any Level)

**Just Move It:** A very low impact 45-minute aerobic class. It will get you moving to help you with balance and coordination. Some strength work is added, along with time for stretching. (Beginner to Intermediate)

**Zumba:** This class combines continuous cardio training by incorporating Latin dance moves for a total body workout. (Intermediate to Advanced)

**Senior Strength:** Class includes stretching and strength building exercises done while sitting in a chair or standing. Posture and balance exercises are also incorporated to improve overall fitness. (Beginners to Intermediate)

**SilverSneakers® Muscular Strength & Range of Motion:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support. (Beginner to Intermediate)

**Stretch:** 45 minutes of soothing stretches that calm the mind while releasing unwanted tension and stress; class focuses on enhancing joint range of motion and improving circulation with stretches performed on the floor. (Any level)

**Tai Chi:** Practical avenue for learning balance, alignment, fine-scale motor control, rhythm of movement and the genesis of movement from the body's vital center. Contribute the ability to better stand, walk, move, run, etc. (Any Level)

**Yoga Flow:** This class focuses on alignment, balance, and breathe, through a series of standing and seated poses. You will leave feeling energetic, yet relaxed. (Any Level)

**Hatha Yoga:** This class focuses on proper breathing techniques through a series of sitting and standing poses to improve flexibility, balance, and strength. (Any level)

### AQUATIC EXERCISE

**NOTE:** All classes start with a warm-up and end with a cool-down/stretch.

\***CV**-cardiovascular    **MS**-muscle strengthening    **ROM**-range of motion    **WM**-weight management

**Aquasize:** A higher intensity 60 min class including 35-40 min **CV** exercise, **MS**, and **WM**. Resistance equipment may be utilized. (Intermediate to Advanced, 80-84 deg pool)

**Arthritis:** A structured 45 min class adaptable to a diverse special needs e.g. arthritis, joint replacements. Improves muscle tone, **MS**, and **ROM**. (Beginner, both pools)

**Deep Water:** A higher intensity 60 min class in deep water using a buoyancy device. Includes 45 min **CV** and **WM**. (Intermediate to Advanced, 80-84 deg pool)

**Fit for H<sub>2</sub>O:** A 45 min class (1 hr. on Sat) Includes 25 min **CV**, **MS**, and **WM**. Resistance equipment may be used. (Beginner to Intermediate, both pools)

**Water Works:** A higher intensity 45 min arthritis class. Includes 20 min **CV**, **MS**, and **WM**. (Beginner to Intermediate, both pools)