

Active Adult Fitness Class Schedule

September 4 - December 30, 2018

	TIME	CLASS	ROOM	INSTRUCTOR
MONDAY	8:00 - 9:00 a.m.	H2O Aerobics	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Low Impact	Lap Pool	Aquatic Staff
	11:00 a.m. - 12:15 p.m.	Gentle Yoga	Mitchell Room	CM
	2:00 - 3:00 p.m.	Chair Yoga	Fitness Studio	Martha
	4:15 - 5:15 p.m.	Zumba	Fitness Studio	Helene
	5:30 - 6:30 p.m.	Yoga	Fitness Studio	Wendy
	6:00 - 7:00 p.m.	H2O Aerobics	Lap Pool	Aquatic Staff
TUESDAY	8:00 - 9:00 a.m.	H2O Aerobics	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Low Impact	Lap Pool	Aquatic Staff
	8:45 - 9:45 a.m.	SS Classic	Lloyd Room	Wendy
	9:15 - 10:15 a.m.	Yoga	Briggs Room	Nikki
	1:00 - 2:00 p.m.	Move It! Improve It!	Fitness Studio	Nancy
	4:15 - 5:15 p.m.	Nia	Fitness Studio	Kim
	6:45 - 7:45 p.m.	Barre Fusion	Fitness Studio	Maggie
WEDNESDAY	8:00 - 9:00 a.m.	H2O Aerobics	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Low Impact	Lap Pool	Aquatic Staff
	8:30 - 9:30 a.m.	Zumba Gold	Lloyd Room	Cindy
	9:15 - 10:15 a.m.	Low Impact	Lap Pool	Aquatic Staff
	11:00 a.m. - 12:15 p.m.	Gentle Yoga	Mitchell Room	CM
	1:30 - 2:30 p.m.	SS Circuit	Fitness Studio	Wendy
	4:15 - 5:15 p.m.	Zumba	Fitness Studio	Cindy
THURSDAY	8:00 - 9:00 a.m.	H2O Aerobics	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Low Impact	Lap Pool	Aquatic Staff
	10:30 - 11:30 a.m.	Pilates	Fitness Studio	Wendy
	4:15 - 5:15 p.m.	Nia	Fitness Studio	Kim
	6:45 - 8:00 p.m.	Yoga	Fitness Studio	Robyn
FRIDAY	8:00 - 9:00 a.m.	H2O Aerobics	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Low Impact	Lap Pool	Aquatic Staff
	9:00 - 10:00 a.m.	Gentle Movement	Lloyd Room	Wendy
	9:15 - 10:15 a.m.	Low Impact	Lap Pool	Aquatic Staff
	9:15 - 10:15 a.m.	Yoga	Mitchell Room	Andi
SATURDAY				
	8:30 - 9:30 a.m.	Barre Fusion	Lloyd Room	Maggie
	10:00 - 11:15 a.m.	Yoga	Fitness Studio	Maggie
SUNDAY				
	9:30 - 10:45 a.m.	Yoga	Briggs Room	Robyn
	10:45 - 11:45 a.m.	Nia	Fitness Studio	Lora / Kim

Aquatics and Fitness classes are included with any ECC membership pass and daily admission fees.

For additional water aerobic classes please see the Summer Pool Schedule.

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Schedule subject to change. Visit www.erieco.gov/fitness for the most up-to-date schedule.

Active Adult Fitness Class Descriptions

GROUP FITNESS

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

MOVE IT, IMPROVE IT: This research-based exercise class is taught by certified therapists that use Exercise for Brain Change to fight the effects of Parkinson's disease on posture, balance, coordination, voice, attention span, mood and fatigue. Laughter and fun included in every class!!

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."

ZUMBA GOLD: This lighthearted class is specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active older adults, the beginner participant, and other populations that may need modifications for success.

MIND BODY

CHAIR YOGA: All levels are welcome in this class! Practice Yoga in a chair or using the chair for support. Work on strengthening and lengthening the muscles while improving balance and muscle mobility.

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 ability.

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

YOGA: This class is for all levels of yoga participants. Beginner 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.

SILVERSNEAKERS FITNESS CLASSES

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.

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.

AQUATIC FITNESS CLASSES

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.