

# Fitness Class Schedule August~2017



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Water Energizer 		Water Energizer 		Water Energizer 
9:00am	Wet & Wild  Cardio Express	Yoga	Wet & Wild  Cardio Express	Yoga	Wet & Wild  Cardio Express
10:00am	Shape Up II	Shape Up I	Shape Up II	Shape Up I	Shape Up II
11:00am		A Matter of Balance		A Matter of Balance	SATURDAYS 11am Healthy Bones
1:30pm	Gentle Joints 	Tai Chi	Gentle Joints 		Gentle Joints 
3:00pm	Shepherd Center (Open to All) 		Shepherd Center (Open to All) 		Shepherd Center (Open to All) 

## Land Classes

### Shape Up (I)

**Tuesdays & Thursdays 10:00 a.m.**  
A 45-minute low intensity seated chair class designed to increase flexibility and improve strength. Hand-held weights, resistance bands, and balls are offered for strength and range of movement exercises. Improve balance through moderate exercises for legs and core muscles.

### Shape Up (II)

**Mondays, Wednesdays, & Fridays 10:00 a.m.**  
This moderate 45-minute workout combines all the components of fitness into one class. A total body workout to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. A chair is utilized for both seated and standing exercises.

### Cardio Express ~ (III)

**Mondays, Wednesdays, & Fridays 9:00 a.m.**  
Come prepared to mix it up in this fun, energetic 45-minute class! The goal is to raise the heart rate and work the most important muscle in the body, the HEART!

### Yoga - Mind, Body, Balance

**Tuesdays & Thursdays 9:00 a.m.**  
A perfect class for students who have completed a session in basic yoga. Perform a variety of postures designed to increase flexibility, balance, and range of movement.

### A Matter of Balance

**Tuesdays & Thursdays 11:00 a.m.**  
Improve balance and increase strength during this 30-minute class. Ability to stand unsupported is not required.

## Aquatic Classes

### Water Energizer

**Mondays, Wednesdays, & Fridays 8:00 a.m.**  
A 45-minute moderate intensity class designed to tone and sculpt the body. This popular class is a blend of cardio and resistance (strength) training that incorporates water weights, noodles, and kick-boards. Improve balance, core, and over-all body strength.

### Wet & Wild

**Mondays, Wednesdays, & Fridays 9:00 a.m.**  
The name says it all! A high energy 45-minute aquatics class that includes a 20-minute cardio segment. Intensity and impact can be varied on an individual basis. Toning exercises utilizing various aquatic equipment will give you a complete workout!

### Gentle Joints

**Mondays, Wednesdays, & Fridays 1:30 p.m.**  
Experience the benefits of water exercise with a low impact 45-minute class that focuses on balance, core strength, and flexibility. Perfect for beginner and intermediate fitness levels.



August 2017

## Fitness Center News

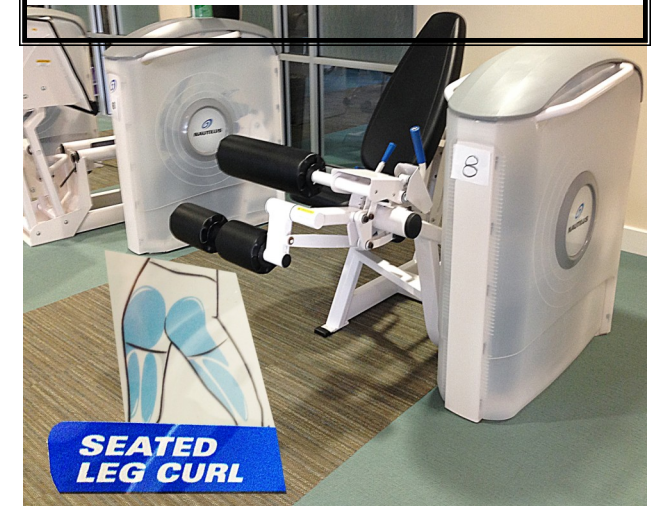
### HEALTHY BONES

*New Class*  
Class will begin:  
Saturday, August 5  
11:00am  
Instructor: Joy Levine  
Fitness Center (Ball Room)

The class is non-aerobic and a chair will be available for each participant. The class will work on posture, balance, and end with strengthening exercises. Joy is a peer leader having taken the class in New Jersey. Project Healthy Bones was a partnership between the New Jersey Department of Health and Senior Services and the North Jersey Regional Arthritis Center, Morristown Medical Center. This will be an ongoing class based on resident interest.

If interested just show up!

### Equipment Spotlight for August Seated Leg Curl



Join us for our Summer Outdoor Walk at Old Salem  
Thursday August 17  
8:30a.m.-10:30a.m.  
Wear comfortable walking shoes and don't forget your water bottle, sunscreen and hat!  
This is a Fitness Walk, not a tour!  
RSVP deadline is Tuesday Aug. 14  
RSVP with Annie at # 1210  
Leave Berrier Front Lobby

**Swim Gear**  
Do you need a new bathing suit? How about aqua shoes for your pool classes? Bob, with Swim Gear, is opening the store for Arbor Acres only and offering in-store sales!  
Tuesday, August 22  
9:00 a.m.  
Berrier Front Lobby  
RSVP deadline is Wednesday, August 16th. Call Annie at #1210.

Lemonade Stand  
Friday August 25th  
9:00-11:00am  
Fitness Center  
Cool off with a glass of flavorful Lemonade, try new fruit flavors.

**You Go Girl!**  
Class will meet:  
Thursdays, Aug 17, 24, 31  
2:00-3:15pm  
Fitness Center (Ball Room)  
**You Go Girl, But Only When You Want To!**  
Join us as we learn how to strengthen and engage the muscles used to control your "gotta go" urges. In addition to exercises to strengthen our pelvic floor muscles, we will learn about lifestyle changes that can contribute to better control so you can "Go, But Only When You Want To!"  
Instructor: Sheila Koone, MSN from Novant Health  
RSVP deadline is Wednesday, Aug. 9

Did you KNOW?  
**Watermelon Has More Lycopene Than Raw Tomatoes.** Lycopene is a powerful carotenoid antioxidant that gives fruits and vegetables a pink or red color. It's most often associated with tomatoes, but watermelon is actually a more concentrated source. Compared to a large fresh tomato, one cup of watermelon has 1.5 times the lycopene (6 milligrams (mg) in watermelon compared to 4 mg in a tomato).