

Fitness Class Schedule July~2017



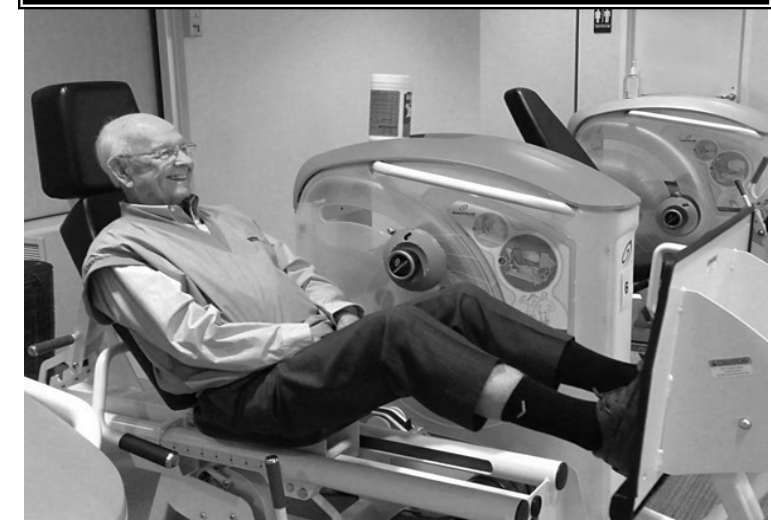
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Water Energizer 		Water Energizer 		Water Energizer
9:00am	Wet & Wild Cardio Express 	Yoga	Wet & Wild Cardio Express 	Yoga	Wet & Wild Cardio Express
10:00am	Shape Up II	Shape Up I	Shape Up II	Shape Up I	Shape Up II
11:00am		A Matter of Balance		A Matter of Balance	
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)



July 2017

Walking Club is taking the summer off
Join us instead for our Summer
Outdoor Walk at Reynolda Garden
Thursday July 20th
8:30a.m.-10:30 a.m.
Wear comfortable walking shoes and
don't forget your
sunscreen and hat!
 RSVP deadline is Tuesday
July 18th
RSVP with Annie at # 1210

Equipment Spotlight for July Leg Press



The leg press strengthens lower body muscles:

- Quadriceps
- Hamstrings
- Gluteus Maximus

The leg press machine acts as a guide for proper leg and back positioning.

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 ~ (Level 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.

Tropical Summer Smoothies

Monday July 17th 8:30a.m.—10:30a.m.
3rd Floor Corpening Rotunda (Fitness Center)
Join us on Monday, July 17th 8:30-10:30:a.m. for a Tropical Sip of Summer ,as our taste buds travel to the tropics with a refreshing smoothie.



Fitness Center Orientation

By Appointment: Jami Gerard, 336-724-7921 Ext. 1227
Schedule an appointment to learn more about the Fitness Center and all it has to offer!