










# Fitness Class Schedule March 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	 Water Energizer		 Water Energizer		 Water Energizer
9:00am	 Wet & Wild	Yoga	 Wet & Wild	Yoga	 Wet & Wild
	Cardio Express	Walking Group	Cardio Express	Walking Group	Cardio Express
10:00am	Shape Up II	Shape Up I	Shape Up II	Shape Up I	Shape Up II
1:30pm	 Gentle Joints	Tai Chi (Ball Room)	 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 ~ (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.

### Walking Group

**Tuesdays & Thursdays 9:00 a.m.**  
Meet us at Copey Hanes Garden for a 20 minutes walk and stretch. Meet in Fitness Center if raining.

## Aquatic Classes

### Water Energizer

**Exercise Pool 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

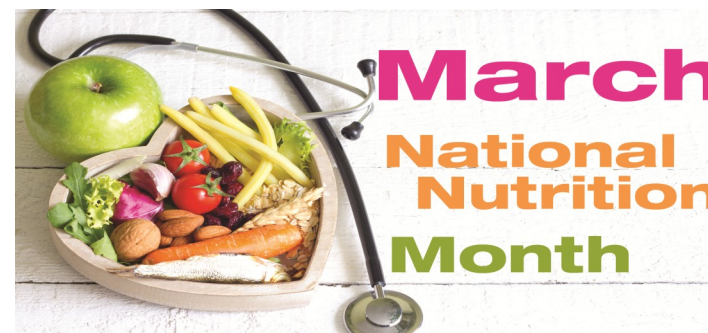
**Exercise Pool Mondays, Wednesdays, & Fridays 9:00 a.m.**  
The name says it all! A high energy 45-minute aquatics class that includes a 20-minute cardio segment. Intensity and impact can be varied on an individual basis. Toning exercises utilizing various aquatic equipment will give you a complete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

### Gentle Joints

**Exercise Pool 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



# Fitness Center News ~ March 2017



## The Power of Prevention: Nutrition and Cancer



Dixie Yow MS, RD, LDN

**Where:** Piner Hall  
**When:** Thursday, March 16  
**Time:** 4:00 p.m.

It has been estimated that one-third of all cancers in the U.S. are related to physical inactivity, being overweight and/or poor nutrition. By making smart food choices, you can protect your health. It is time to take a look at your eating habits and see how you can boost your ability to fight off cancer.

**Jami Gerard**  
Fitness Coordinator  
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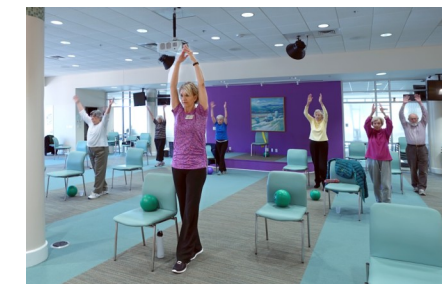
## BETTER Balance Class

Where: Fitness Center

When: Tuesdays and Thursdays

Time: 11:00 to 11:30 p.m.

Worried about falls?  
Improve your balance...today!



## Don't Forget!

**Town Hall Meeting**, Thursday, March 2  
**Time:** 10:00 a.m.

### Reminder:

10:00 am The Shape Up Level 1 Class  
11:00 am Better Balance Class  
Both classes are CANCELLED!

**Quarterly Cleaning:** Friday, March 3rd  
**Time:** 8:00 a.m. until 4:30 p.m.  
Fitness Center and Aquatic Center CLOSED

## 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!

- Aquatic Center
- Fitness Studio Walking Track
- Exercise Equipment
- Exercise Classes Offerings