

January, 2019 – Fitness Class Schedule (Del Webb)

Pendleton Center Phone #: 759-5920

Happy New Year!!

We will be **CLOSED** January 1st

Gym hours: Mon-Wed: 6:30am - 12:00pm, 1:30pm - 4:30pm

Fri: 6:30am – 12:00 pm, 1:30pm – 4:00pm

Tues-Thurs: 7:00am - 12:00pm

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
7:30 AM BODY FLEX	8:30 AM STRETCH	7:30 AM BARRE/STRETCH +	8:30 AM STRETCH	7:30 AM BODY FLEX
8:45 AM SILVERSNEAKERS CLASSIC	9:15 AM CARDIO BLAST	9:00 AM SILVERSNEAKERS CLASSIC	9:15 AM BOOM MOVE IT	9:00 AM SILVERSNEAKERS CLASSIC
9:45 AM SILVERSNEAKERS CIRCUIT				10:00 AM BOOM MUSCLE
10:45 AM SILVER&FIT EXPLORE	10:05 AM SILVERSNEAKERS CIRCUIT	10:45 AM SILVER&FIT EXPLORE	10:05 AM SILVERSNEAKERS CIRCUIT	10:45 AM SILVER&FIT EXPLORE
<u>11:00 am</u> <u>Equipment Safety</u> <u>Orientation for New</u> <u>Members</u>	11:00 AM BOOM MUSCLE	<u>11:00 am</u> <u>Equipment Safety</u> <u>Orientation for New</u> <u>Members</u>	<u>11:00 am</u> <u>Equipment Safety</u> <u>Orientation for New</u> <u>Members</u>	<u>11:00 am</u> <u>Equipment Safety</u> <u>Orientation for New</u> <u>Members</u>
1:45 PM STRETCH + INTERVAL TRAINING		1:45 PM BARRE/STRETCH+ INTERVAL TRAINING		1:45 PM STRETCH + INTERVAL TRAINING

Fitness Class Descriptions – Del Webb

BOOM Move It: is a heart-healthy, cardio workout featuring dance-style choreography. Songs and steps can be drawn from just about any era, genre and style of music and dance. Classes may feature a signature “Group Groove” where class participants perform a group dance, or a “Combo Dance” that summarizes all of the movements taught in class.

BOOM Muscle: provides a total-body workout through our unique Muscle Conditioning Block and Action Interval formula. Each Muscle Conditioning Block demonstrates exercise progressions and compound exercises. Action Intervals provide functional training segments that add cardiovascular, sports conditioning, and coordination and reaction training elements to the workout.

Body Flex: a mix of stretch, strength, and balance exercises for every fitness level. Participants will be guided through different exercises with the option to use a chair or bar for aid. Will include standing and mat exercises.

Stretch: A relaxing stretch class which incorporates various standing, seated and floor exercises to help promote activities of daily living. Includes core work, balance, flexibility, range of motion, strength, and coordination; All while enhancing healthy joints, preventing muscular injury, and promoting overall well-being.

SilverSneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga: Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver&Fit Explore: Designed for older adults who are just getting started or are returning to an exercise routine. This is a gentler, slower workout, with seated exercise options for the more de-conditioned individual, with extra care to explain the moves and how to safely integrate exercise as part of daily activity. A goal of this program is to enable the older adult who does require in chair exercise to progress to freely stand and be stable.

Interval Training: A total body, aerobic and strength conditioning workout. This interval based class combines full-body strength training with cardio bursts designed to tone and improve your endurance. Modifications for all fitness levels provided.

Cardio Blast: A 30 minute class of fun, easy to follow aerobic routines, to increase stamina and burn calories. All levels are invited.

Barre/Stretch +: A blend of stretch, Yoga, Pilates and isometric exercises using the bar, chairs, bands, balls and weights. Will include standing and mat exercises. The class promotes good posture, improved balance and increased range of motion while working at a safe level for the joints.



Note: All classes are uniquely different, depending upon the instructor. All classes are subject to change.

YOU DO NOT NEED TO BE A SILVERSNEAKERS OR SILVER&FIT MEMBER TO PARTICIPATE IN THOSE CLASSES

