

MAY 2019
GROUP FITNESS
SCHEDULE



AJ Parks & Rec.

MULTI-GENERATIONAL
CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want to know when classes are FULL or CANCELLED?</p> <p>Sign up with RainedOut.com to receive text message alerts.</p> <p>Text "MGCFITNESS" to 84483</p> <p>You can opt out at any time by texting "STOP" to 84483. Message and data rates may apply.</p> 	<p>Follow us:</p>   	<p>1</p> <p>7:00am ZUMBA® 8:30am SR. Strength & Power*** 9:00am Chair Yoga 10:15am SilverSneakers® Circuit@ @*** 10:30am Yogajjuvenation@ 5:30pm ZUMBA® 6:15pm Kickboxing #** 6:45pm Tabata#</p>	<p>2</p> <p>6:00am Ball, Band & Land*** 7:00am ZUMBA®#*** 7:00am Yogalates 8:00am Pilates Plus 9:00am Yin Yoga 9:00am SilverSneakers® Classic*** 10:15am SilverSneakers® Circuit@ @*** 11:20am Stability Ball: Core & Balance# 4:30pm Total Body Conditioning*** 5:30pm Gentle Therapeutic Yoga* 6:30pm Tai Chi</p>	<p>3</p> <p>6:00am Tabata#*** 7:00am ZUMBA®*** 7:00am Rewind Yoga 8:15am ZUMBA®*** 8:15am Intro to Yoga 5:30pm ZUMBA®</p>	<p>4</p> <p>7:30am Boot Camp*** 8:15am Yoga Stretch* 9:30am ZUMBA® 10:30am ZUMBA®</p>
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<p>27</p> <p>7:00am ZUMBA® 8:00am Yogajjuvenation@* 9:00am Chair Yoga 9:30am Yoga Strength@*</p> <p>HOLIDAY HOURS: 7am-3pm</p>	<p>28</p> <p>6:00am Tabata# 7:00am ZUMBA®#*** 7:00am Yogalates 8:00am Pilates Plus 9:00am Yin Plus 9:00am SilverSneakers® Classic*** 10:15am SilverSneakers® Circuit@ @*** 11:20am Stability Ball: Core & Balance# 6:30pm Tai Chi 6:30pm Hatha Yoga*</p>	<p>29</p> <p>7:00am ZUMBA® 8:30am SR. Strength & Power*** 9:00am Chair Yoga 10:15am SilverSneakers® Circuit@ @*** 10:30am Yogajjuvenation@ 5:30pm ZUMBA® 6:15pm Kickboxing #** 6:45pm Tabata#</p>	<p>30</p> <p>6:00am Ball, Band & Land*** 7:00am ZUMBA®#*** 7:00am Yogalates 8:00am Pilates Plus 9:00am Yin Yoga 9:00am SilverSneakers® Classic*** 10:15am SilverSneakers® Circuit@ @*** 11:20am Stability Ball: Core & Balance# 4:30pm Total Body Conditioning*** 5:30pm Gentle Therapeutic Yoga* 6:30pm Tai Chi</p>	<p>31</p> <p>6:00am Tabata#*** 7:00am ZUMBA®*** 7:00am Rewind Yoga 8:15am ZUMBA®*** 8:15am Intro to Yoga 5:30pm ZUMBA®</p>	

All classes held in the Aerobic Studio unless otherwise noted.

* =Class held in B-117

** =Class held in B-114

*** =Class held in Gymnasium

+= Class held in Fitness Center

^= Class held in B-118

All classes are 55 minutes unless noted otherwise. # =45 minutes @ =50 minutes @ =1 hour 15 minutes

Schedule subject to change without notice.

The MGC offers a variety of group fitness classes designed for participants 14 and older. Children 11-13 years wishing to attend a fitness class must be accompanied by a participating adult; please speak with the instructor prior to the start of class. Some classes are popular and fill quickly, please plan accordingly.

Mind & Body Conditioning

It is recommended that you bring your own yoga mat for sanitary purposes.

Out of respect to the instructor and other students, you will not be allowed to enter class after it has started.

Chair Yoga: Move through seated and standing yoga poses designed to increase flexibility, balance and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Gentle Therapeutic Yoga: All Levels. Gentle postures for healing the body, mind and spirit. Therapeutic Yoga alleviates chronic pain, reduces stress and promotes relaxation.

Hatha Yoga: Attempts to balance mind and body via physical exercises, or "asanas", by controlled breathing, and the calming of the mind through relaxation and meditation.

Intro to Yoga: Beginner-Intermediate. If you are new to yoga or have special needs this class is a great place to start. It combines breathing, flexibility, strength, and balance while moving at a slow pace.

Pilates Plus: Increase your body awareness and improve your posture with exercises that focus on your abdominals and back, plan to use your whole body and mind. Includes core strengthening and toning using dumbbells resistance bands and more.

Rewind Yoga: Dedicated to improving the health & wellbeing of boomers & seniors through a yoga series designed to promote graceful aging.

Tai Chi: Fun flexible training program geared toward building energy and health. Includes regulating 5 important elements: body, breathing, mind, the Chi and the Spirit.

Yin Plus: Take Yin Yoga to the next level with the use of straps and blocks while incorporating balancing poses.

Yin Yoga: Postures that gently stretch & rehabilitate the connective tissues that form our joints. Yin Yoga is a great hip-opener as poses are held for 3-5 minutes. Most poses are done on the floor.

Yogajjuvenation: All levels. Class concentrates on linking breath, body, and movement in a traditional yoga flow. Emphasis is on balancing the body, mind, and spirit in a steady and comfortable manner. Postures will enhance core strength, flexibility, muscle tone and body awareness.

Yoga for Relaxation: All levels. Have difficulty unwinding after a full day of work or play? Experience gentle movement, breath awareness, Yoga Nidra and mindfulness to help you relax and enjoy a good night sleep ahead.

Yoga Strength: Intermediate. A flowing Yoga class in which postures are held longer (several minutes) to increase the importance of focus on the breath & the intricacies of posture. Develop strength and flexibility of both body and mind.

Yoga Stretch: Beginners. Class presents basic yoga poses for flexibility and strength.

Yogalates: Beginner-Intermediate. This class combines breathing, flexibility and balance of traditional Yoga with core strengthening and toning exercises done in our Pilates Plus class.

Cardiovascular and Muscular Strengthening & Conditioning

Ball, Band & Land: This class will challenge all of your major muscles using the stability, BOSU® and medicine balls. You will also use hand weights, exercise bands and play short cardio games to promote endurance.

Boot Camp: All levels welcome. Challenge your body and mind in this fast-paced, calorie burning, traditional boot camp approach. This will be a total body workout focusing on strength and endurance.

Hip Hop CIRCUIT: Increase your stamina and tone and sculpt your body through a combination of strength training and fun, high impact hip hop dance routines. Hand weights and body weight will be used during strength training sets.

Kickboxing: Adults. This kickboxing class utilizes both American boxing and Kung-Fu techniques in a fun and energetic atmosphere, while teaching self-defense in the process. It is non-contact; the primary purpose is for health and fitness. Hand weights and medicine ball exercises as well as calisthenics will be utilized. Class is for adults of all fitness levels who want to get and stay fit.

SR. Strength & Power: Intermediate- Advanced. Take Circuit training to the next level in this advanced class geared to the active older adult. This class combines strength training, cardio, agility, balance and flexibility into one great workout. Class geared towards those 55+; however, open to all.

Stability Ball: Core & Balance: A fun-filled, motivational class using the stability ball. Designed for anyone wanting to improve balance, posture, core strength, as well as toning upper and lower body muscle groups. A fun workout for every age group!

Tabata: A form of high intensity interval training using a variety of exercises and resistance methods that offers more health benefits than traditional cardiovascular exercise. It's short, intense, efficient and effective.

Total Body Conditioning: Work every large muscle group in this challenging one hour, two day a week class. Consistently participating will give you amazing results including toning, endurance, and cardiovascular strength. No two workouts are alike, so enjoy variety as you make this class a part of your weekly routine.

ZUMBA®: This world-famous class is a Latin-based high cardio, low impact workout that includes Salsa, Merengue & Cumbia.

SilverSneakers® Fitness Classes

SilverSneakers® Classic: Increase muscular strength, range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Circuit: Experience standing, low-impact choreography alternated standing upper - body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

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