

Group Fitness for Adults 55 Years and Older

Class Time	Class Title	Instructor	Facility
Monday			
10:15 – 11:00 a.m.	Fit Senior	Didi Watson	Wolfe Center
1:00 – 2:00 p.m.	Gyrokinesis for Beginners	Jana Tarnovska	Wolfe Center
2:00 – 3:00 p.m.	Intermediate Gyrokinesis	Jana Tarnovska	Wolfe Center
6:00 – 7:00 p.m.	Hatha Yoga	Phia Keyser	Wolfe Center
Tuesday			
8:00 – 9:30 a.m.	Intermediate Yoga	Jim & Marcy Rehg	Wolfe Center
9:30 – 10:30 a.m.	Senior Yoga	Deborah Divver	Community Center
9:30 – 11:00 a.m.	Gentle Yoga	Jim & Marcy Rehg	Wolfe Center
11:45 – 12:45 p.m.	Sculpt & Tone	Rudi Caruthers	Wolfe Center
1:00– 2:00 p.m.	Cardio Dance	Yvette Hassell	Wolfe Center
1:00 – 2:00 p.m.	Parkinson's Exercise	Laura Hughes	Wolfe Center
2:15 – 3:15 p.m.	Brain Aerobics	Jodi Mills	Wolfe Center
Wednesday			
8:30– 10:00 a.m.	Yoga for Men	Jim Rehg	Wolfe Center
10:15 – 11:00 a.m.	Fit Senior	Didi Watson	Wolfe Center
11:15 a.m. – 12:15 p.m.	Beginner's Gentle Yoga	Jim & Marcy Rehg	Wolfe Center
12:30 – 1:30 p.m.	Yoga Sculpt	LeJeanne Lee	Wolfe Center
1:30 – 2:30 p.m.	30/15/15	LeJeanne Lee	Wolfe Center
6:00 – 7:00 p.m.	Hatha Yoga	Phia Keyser	Wolfe Center
Thursday			
8:00 – 9:30 a.m.	Intermediate Yoga	Jim & Marcy Rehg	Wolfe Center
9:30 – 10:30 a.m.	Senior Yoga	Deborah Divver	Community Center
9:30 – 11:00 a.m.	Gentle Yoga	Jim & Marcy Rehg	Wolfe Center
11:30 – 12:15 p.m.	Gyrokinesis for Beginners	Jana Tarnovska	Wolfe Center
12:15 – 1:00 p.m.	Fun Dance	Jana Tarnovska	Wolfe Center
1:15 – 2:15 p.m.	Tai Chi	Barry Murray	Wolfe Center
Friday			
9:00 – 10:00 a.m.	PiYo	Natalie Polutta	Wolfe Center
10:15 – 11:00 a.m.	Fit Senior (1 st and 3 rd Friday)	Didi Watson	Wolfe Center
10:15– 11:30 a.m.	Senior Stretch	Liz Busse	Wolfe Center
12:00 – 1:00 p.m.	Cardio Kickboxing	Yvette Hassell	Wolfe Center
1:05 – 1:50 p.m.	Chair Yoga	LeJeanne Lee	Wolfe Center
Saturday			
10:00 – 11:00 a.m.	Hatha Yoga	Phia Keyser	Wolfe Center
11:15 – 12:00 p.m.	Cardio Dance	Yvette Hassell	Wolfe Center

Fee: \$5 per class / \$40 monthly residents / \$45 monthly non-residents
Please bring bottle of water and personal exercise equipment to each class.
Class Descriptions on Back of Page

Class Descriptions

- Brain Aerobics: An exercise class for your brain. Brain teasers, word games, and
- Cardio Dance: This class consists of dance moves that will get your heart pumping and your body sweating.
- Cardio
Kickboxing: This class infuses some basic kickboxing moves to get the blood flowing.
- Chair Yoga: Use a chair for support and balance while you practice the art of gentle yoga.
- Fit Senior: Class focuses on stretching, full range of motion exercises, proper breathing techniques and body sculpting using light hand held weights.
- Parkinson's: This exercise class is designed for those diagnosed with Parkinson's disease who want to improve balance, strength, and coordination.
- PiYo: Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. There are no weights or jumps. This class uses only body weight and nonstop movements set to music.
- Senior Stretch: Take a deep breath and a gentle stretch. This class is designed for intermediate to advanced level participants.
- Gentle Yoga: Gently move your body from one pose to another, holding each pose to align your body properly as you learn breathing exercises to reduce stress.
- Gyrokinesis: Beginner Level: This method of movement gently works the entire body. It's a holistic approach to movement that is designed to meet the needs of people of all ages and abilities. Experience increased strength and flexibility, renewed energy and vitality and a general sense of calm and wellbeing.
- Gyrokinesis: Intermediate Level: Chair, floor, standing. More intense movements than beginning Gyrokinesis.
- Sculpt & Tone: Tone, strengthen and stretch all major muscle groups by combining cardio work, strength moves and body sculpting using light hand held weights.
- Tai Chi: Practice Tai Chi and discover the many health benefits from this martial art.
- Yoga Sculpt & 30/15/15: Stretching, toning and strengthening moves using light hand weights while holding yoga poses and balance stances. Balls, bands, and light core work for variety and fun.