



VIRTUAL WELLNESS

September 21 - September 27, 2020

KEY

HEALTH & WELLNESS

ACTIVE OLDER ADULTS

ON DEMAND

	Class Title	Instructor	Time	Meeting ID	Password	Zoom link
MONDAY	Silver Sneakers®: Classic	Lisa C.	10:00 - 11:00 am	995 4508 1626	484169	CLICK TO JOIN CLASS
	Gentle Power	Anja	11:00 - 11:30 am	845 6355 9003	408715	CLICK TO JOIN CLASS
	Zumba	Alyssa	6:00 - 6:55 pm	964 3516 9353	414753	CLICK TO JOIN CLASS
TUESDAY	TRX	Kathy	5:45 - 6:25 am	846 0459 5835	680713	CLICK TO JOIN CLASS
	Fit 4 Life	Kathy	9:00 - 9:45 am	823 4251 5714	476761	CLICK TO JOIN CLASS
	Silver Sneakers®: EnerChi	Lisa C.	10:00 - 11:00 am	944 0912 6526	469986	CLICK TO JOIN CLASS
	Zumba	Heather	6:30 - 7:30 pm	817 6935 5280	ZumbaT630	CLICK TO JOIN CLASS
WEDNESDAY	Yoga	Kim	8:15 - 9:25 am	850 7485 4452	101995	CLICK TO JOIN CLASS
	Lo Impact	Anja	10:00 - 10:30 am	828 3489 8275	884975	CLICK TO JOIN CLASS
	Silver Sneakers®: Classic	Lisa C.	10:00 - 11:00 am	995 4508 1626	484169	CLICK TO JOIN CLASS
	Chair Yoga	Lori	11:00 - 11:55 am	947 7865 0586	183658	CLICK TO JOIN CLASS
THURSDAY	TRX	Kathy	5:45 - 6:25 am	846 0459 5835	680713	CLICK TO JOIN CLASS
	Fit 4 Life	Kathy	9:00 - 9:45 am	823 4251 5714	476761	CLICK TO JOIN CLASS
	Silver Sneakers®: EnerChi	Lisa C.	10:00 - 11:00 am	944 0912 6526	469986	CLICK TO JOIN CLASS
	Zumba Gold	Alyssa	11:00 - 11:55 am	993 5139 6474	817030	CLICK TO JOIN CLASS
FRIDAY	Cardio Fusion	Anja	8:00 - 8:45 am	842 2109 4479	640341	CLICK TO JOIN CLASS
	Silver Sneakers®: Classic	Lisa C.	10:00 - 11:00 am	995 4508 1626	484169	CLICK TO JOIN CLASS

CAN'T MAKE IT TO A CLASS?

Click the buttons on the right for a library of on demand and previously recorded classes.

[Click here for videos in our private Facebook group](#)

[Click here for videos on our YouTube page](#)



VIRTUAL WELLNESS

September 14 – September 20, 2020

KEY

HEALTH & WELLNESS

ACTIVE OLDER ADULTS

ON DEMAND

CLASS DESCRIPTIONS

HEALTH & WELLNESS

CARDIO FUSION

This class will feature a cardio workout with a little muscle blast and cool down, or interval training.

CHAIR YOGA

This class is designed for all ages, fitness levels, and body types. Reap the benefits of yoga without having to move up and down off of the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

GENTLE YOGA

In this class, we will focus on stretching postures, gentle flows and breathing techniques that release stress, reduce tension and promote relaxation through calm, meditative approach to the practice.

GENTLE POWER

Increase muscular strength and range of movement. Use hand weights, tubing, a ball, and a chair for seated/standing support. Get stronger while having fun.

PILATES FUSION

This class offers a unique blend of Pilates and Yoga designed to strengthen the core, improve muscle tone, and increase flexibility.

PIYO

This class offers a unique blend of Pilates and yoga and is designed to strengthen the core, improve muscle tone, and increase flexibility.

TRX

Using TRX Suspension Trainers we will leverage gravity and our own bodyweight to perform a variety of exercises developing strength, balance, flexibility, and core stability simultaneously.

YOGA

Quiet the mind and relax the body. A practice designed for all fitness levels and a gentle way to experience a yoga practice.

ZUMBA

Combining high-energy motivational music with unique moves and combinations that allow participants to dance away their stress! No dance experience needed.

ZUMBA GOLD

Burn calories and keep your heart strong with this joint-friendly workout. Routines are designed to increase heart rate and provide a great workout without high impact.

ACTIVE OLDER ADULTS

FIT 4 LIFE

Designed with beginners, Active Older Adults, and those with mobility challenges in mind. This class begins with a low-impact, joint-friendly cardio routine followed by strength exercises, and ends with a series of stretches to enhance flexibility and range of motion.

LO IMPACT

Burn calories and keep your heart strong with this joint-friendly workout. Routines are designed to increase heart rate and provide a great workout without high impact.

SILVER SNEAKERS: CLASSIC

Increase muscle strength, range of movement, and improve activities for daily living. Use a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SILVER SNEAKERS: ENERCHI

Perform modified Tai Chi forms in a slow, flowing sequence to progress balance and focus. A chair is recommended for standing support.