

Lowndes Hill Aerobics Schedule December 5, 2016-January 14, 2017

Tai Chi

Mark Coffindaffer

A slow-paced, graceful, low-impact form of exercise which can improve balance, increase flexibility and mobility, improve health, quality of life and psychological well-being, as well as decrease pain, fatigue and stiffness.

M/W/F 9-10 a.m. at Lowndes Hill

Sat. 10:30-11:30 a.m. at Lowndes Hill

T/TH 10-11 a.m. at Senior Center

M/W 6-7 p.m. at Days Inn

SilverSneakers Classic (Class Limit: 30)

Janelle St. Martin

A low-impact cardiovascular workout exercising on and around a chair. This over-50 fitness class includes working with light weights, resistance bands/tubing and abdominal crunches.

M/W/F 10:15-11:15 a.m.

Zumba

Zumba is a fusion of Latin and International music-dance with routines that feature aerobic/fitness interval training with a combination of fast and slow dance steps to tone and sculpt the body. Good for any fitness level.

T/TH 11 a.m.-Noon Nancy Friend

Cardio HIIT

Robin Chapman

No Tuesday/Thursday will be the same as the last.

Weights, toning, TRX, bands, balls, bikes, tabatas, intervals, plyometrics, kickboxing...you name it, we do it here! Come prepared to sweat and work hard...you'll never be bored-we promise!

T/TH 8:15-9:15 a.m.

Total Body Burn

Shari Weaver

M/F 8-9

Cardio and muscle intervals for the entire body. This strength based class targets upper, lower and abdominal muscles while improving your cardio stamina. High Energy-For all levels of participants.

OUTSIDE FITNESS

W 8-9

Anything goes in any weather! (We will move inside if absolutely necessary)

Yoga

This flowing yoga class is ideal for members with health concerns or for beginners. It increases flexibility and vitality in a format that emphasizes gentle yoga postures and proper breathing.

W/F 11:15 a.m.-12:15 p.m.

M/W 7-8 p.m. at Days Inn Sandra Woods

Power Yoga

Shari Weaver

This flow style yoga class focuses on using specific postures to build strength, flexibility, and balance. A challenging body and mind workout using breathing and mindfulness for a complete yoga experience. Sculpt a leaner, stronger body while releasing stress and fatigue.

M 6-7 p.m.

YOGA FLOW (Class Limit: 30)

Shari Weaver

Perfect for the seasoned student or new yogi. Improves strength, flexibility, endurance, and balance as we move through a variety of yoga poses. Become more aware of your body and breath!

T 8-9 a.m. at DAYS INN

******All classes must carry a minimum of 6 participants to continue. Please encourage friends to join you!!!**

TRX (class limit 10) Total Body Resistance

Bill Earhart

This leveraged bodyweight exercise builds power, strength, flexibility, balance, mobility and prevents injuries. Choose your intensity!

Sat. 8-8:45 a.m. 12/10, 12/24, 1/7

Step & Muscle Challenge

Robert Paugh

One hour of exercise designed to give participants a safe and effective cardiovascular workout through moderate choreography.

T/TH 6-7 p.m.

Butts & Guts

Robert Paugh

Back by popular demand, this class is a half-hour of strength training for the core muscle groups in the abdomen and back. Emphasis is based on proper alignment and breathing techniques for a safe and effective workout. Exercises are also included to strengthen and tone the buttocks and hamstrings. Session ends with stretching exercises.

TH 5:30-6:00pm