

## Lowndes Hill Group Exercise Schedule January 2—January 31

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

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

**\*Must meet Senior Center age limit.**

### SilverSneakers Classic (Class Limit: 30)

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. Janelle St. Martin**  
**T/TH 10:00-11:00 a.m. Alex White**

### 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**  
**M 7-8 p.m. Stacie McCarty**

### 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.**  
**W 8-9 a.m.**

### Power Cardio

Ashley Drummond

A combination of cardio and lifting, this class will tone and firm every muscle group while increasing cardiovascular health. No class is the same, using both heavy and light weights to sculpt your dream body. All fitness levels are welcome and encouraged to come. Join us in building the perfect you!

**Th 5-6 p.m.**

### 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.

**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 6-7p.m.**

### TRX

Bill

This leveraged body weight exercise builds power, strength, flexibility, balance, mobility and helps prevent injuries. Choose your intensity!

**Saturdays 8:00-8:45 a.m.**

### Strong By Zumba

Alex White

Introducing Music-Led Interval Training. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout.

**T/TH 6-7 p.m.**

### Cycling

Alex Dieringer

Join us for a ride that will give you a little bit of everything; intervals, hills, sprints, climbs, runs and jumps, all to music picked to motivate and inspire! This is a great workout to burn calories and increase endurance!

**M/W 5-6 p.m.**