

## Lowndes Hill Group Exercise Schedule July 1 — July 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**

### Tabata Cardio

Stacie McCarty

This thirty minute class is a cycle of high/moderate adjustable intensity workouts followed by rest periods. The repetition is designed to bring faster results than a typical cardio session. This class is great for beginners and those in need a quick morning workout!

**M/W/F 8-8:30 a.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.**

### Gentle Yoga

Laura Cava

Gentle Yoga is a mind-body awareness practice that is far less strenuous than other forms. This relaxed version of yoga emphasizes mental relaxation through a series of breathing instruction and slow yoga stretches and poses.

**T/Th 9-10 a.m.**

### Therapeutic Yoga

Laura Cava

The Harrison County YMCA is partnering with the Clarksburg Mission to create Therapeutic Yoga, a supportive yoga for people suffering from addiction and mental illness. This yoga style emphasizes nonjudgmental self awareness through meditative breathing instruction and gradual stretches and poses. Join us in this therapeutic exercise!

**T 12-1 p.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/Th 5-6 p.m.**