

# FEBRUARY 2012



## Group Exercise Class descriptions

Gananda-Walworth  
Physical Therapy



VILLAGE FITNESS

GETTING BETTER · STAYING BETTER · LIVING BETTER

### **SilverSneakers® Muscular Strength & Range of Movement:**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **45-60 min**

**SilverSneakers® Yoga Stretch:** will move your body through a series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity. **45min**

**Zumba Gold®:** Takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, like salsa, merengue, cumbia and reggaeton; exhilarating, easy-to-follow moves; and invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly and most of all, FUN! **30 min**

**Pilates:** Discover the use of proper breathing to connect the mind and body, while focusing on isolation of the abs and pelvic floor. Get ready to strengthen and tone your core, abs, back, hips, and buttocks. Perfect for all levels. **60 min**

**Gentle Yoga Stretch:** Heal your body, quiet your mind. Come and relax with gentle moves that stretch and strengthen the muscles focusing on balance and breathing. Perfect for all levels. **45 min**

**Fit 2 the CORE Cardio Craze (F2C3):** Two classes in one! Get pumped up and pump up the pulse with cardio moves transitioning into CORE strengthening moves. Classes will use various equipment such as stability balls, light weight dumbbells, medicine balls & resistance bands to focus on CORE strength for everyday activities and end with a cool down stretch to keep the muscles flexible for more workouts! **45-60 min**

**Circuit Circus (CC):** Mix up your workouts with some exciting circuit training. Pairing combinations of upper & lower body resistance training with heart pumping cardio moves. Be prepared for a total body workout! Each exercise can be as challenging as you want to make it! **45-60 min.**

**DVD WORKOUTS:** Try something new from our DVD section. Sign out a DVD to change up your workout & try it out for possible purchase. **See front desk for purchasing information.**

*Class times are subject to change, please call to verify times.*

### **GYM HOURS:**

M -W

5:30AM-8PM

\*\*\*\*NEW TUES/THURS MORNING HOURS\*\*\*\*

T-TH

7AM-8PM

FRI

5:30AM-7PM

\*\*\*\*\*NEW SATURDAY HOURS\*\*\*\*\*

7AM -1PM

SUN

9AM-3PM

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UNIVERSITY

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Get up to speed on current fitness, nutrition & wellness information that concerns YOUR health. Enroll in MONTHLY informational meetings & partake in healthy recipes, health awareness discussions & periodic videos that will keep you in the know of happenings in the world relating to YOUR health.

*Bring your friends!*

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Gananda-Walworth PT @ Village Fitness

