



# THE BECOMING CENTER

## FALL 2019 CLASS SCHEDULE

|              | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY                                     |  |
|--------------|--|---|--|---|--|--|--|
| POOL CLASSES | <b>H2O Aerobics III</b><br>9:00 – 9:55   Barbara<br><b>H2O Aerobics II</b><br>10:00 – 10:55   Cindy<br><b>H2O Aerobics II</b><br>11:00 – 11:55   Cindy<br><b>H2O Aerobics I</b><br>1:00 – 1:55   Genie<br><b>H2O Aerobics I</b><br>2:00 -2:55   Genie<br><b>H2O Aerobics</b><br>6:00 pm   Paula                                    | <b>H2O Aerobics</b><br>8:00 -8:45   Maria<br><b>H2O Tai Chi</b><br>8:50 – 9:35   Maria<br><b>H2O Aerobics</b><br>9:40 -10:25   Cindy<br><b>Arthritis</b><br>10:30 -11:15   Cindy<br><b>H2O Aerobics</b><br>6:00 pm   Linda  | <b>H2O Aerobics III</b><br>9:00 – 9:55   Eileen<br><b>H2O Aerobics II</b><br>10:00 – 10:55   Linda<br><b>H2O Aerobics II</b><br>11:00 – 11:55   Linda<br><b>H2O Aerobics I</b><br>1:00 – 1:55   Genie<br><b>H2O Aerobics I</b><br>2:00 -2:55   Genie<br><b>H2O Aerobics</b><br>6:00 pm   Barbara                                   | <b>H2O Aerobics</b><br>8:00 -8:45   Genie<br><b>H2O Tai Chi</b><br>8:50 – 9:35   Genie<br><b>H2O Aerobics</b><br>9:40 -10:25   Eileen<br><b>Arthritis</b><br>10:30 -11:15   Eileen<br><b>H2O Aerobics</b><br>6:00 pm   Paula  | <b>H2O Aerobics III</b><br>9:00 – 9:55   Eileen<br><b>H2O Aerobics II</b><br>10:00 – 10:55   Cindy<br><b>H2O Aerobics II</b><br>11:00 – 11:55   Cindy<br><b>H2O Aerobics I</b><br>1:30 – 2:25   Barbara  | <b>H2O Aerobics</b><br>9:00 am   Genie/Maria |  |
| LAND CLASSES | <b>Strength Circuit</b><br>7:45 – 8:30   Don<br><b>Strength Circuit</b><br>8:45 – 9:30   Don<br><b>Cardio Interval</b><br>9:30 -10:15   Sharon F.<br><b>SS Classic</b><br>10:20-11:05   Sharon F.<br><b>Cran. Crunch</b><br>11:15 -12:00   Kiley<br><b>Gentle Flow Yoga</b><br>3:00 pm   Liz<br><b>Fusion**</b><br>6:00 pm   Lucie | <b>Vinyasa Yoga</b><br>8:30 – 9:20   Anina<br><b>Dance Cardio</b><br>9:30 -10:15   Anina<br><b>Meditation</b><br>10:30 am   Joan<br><b>Gentle Stretch</b><br>10:25 – 10:55   Anina<br><b>Qigong</b><br>11:00 -11:55   Joan<br><b>Taiji</b><br>12:00 -12:55  Martina<br><b>Yoga</b><br>6:00 pm   Mindy | <b>Strength Circuit</b><br>7:45 – 8:30   Don<br><b>Strength Circuit</b><br>8:45 – 9:30   Don<br><b>Cardio Interval</b><br>9:30 -10:15   Lucie<br><b>SS Classic</b><br>10:20-11:05   Lucie<br><b>Stretch-Balance-Yoga</b><br>11:15 -12:00   Lucie<br><b>Gentle Flow Yoga</b><br>3:00 pm   Liz<br><b>Fusion**</b><br>6:00 pm   Lucie | <b>Vinyasa Yoga</b><br>8:30 – 9:20   Anina<br><b>Dance Cardio</b><br>9:30 -10:15   Anina<br><b>Meditation</b><br>10:30 am   Joan<br><b>Gentle Stretch</b><br>10:25 – 10:55   Anina<br><b>Qigong</b><br>11:00 -11:55   Joan<br><b>Taiji</b><br>12:00 -12:55  Martina<br><b>Yoga</b><br>6:00 pm   Mindy | <b>Strength Circuit</b><br>7:45 – 8:30   Don<br><b>Strength Circuit</b><br>8:45 – 9:30   Don<br><b>Cardio Interval</b><br>9:30 – 10:15   Kim<br><b>SS Classic</b><br>10:20 – 11:05   Kim<br><b>Stretch-Balance-Yoga</b><br>11:15 – 12:00   Kim |  |  |

Effective September 1<sup>st</sup>, 2019

\*\*Monday/Wednesday Fusion Class Starts 9/9/19.

## POOL CLASSES

**Arthritis Basics:** Beginner Level class with no \*White Water\*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

**H2O Aerobics:** A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

**Water Tai Chi:** A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well-being, with breathing, meditation and relaxation techniques.

## LAND CLASSES

**Strength Circuit:** Components of strength and conditioning are used in a fun group setting to strengthen your upper body, lower body, core, increase flexibility, and improve cardiovascular health.

**Cardio Interval:** Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

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

**Stretch-Yoga-Balance:** This fun, interactive, and relaxing class will utilize a chair with the goal of improving your overall flexibility and balance. Breathing exercises will also be included.

**Vinyasa Yoga:** 50 minutes of vinyasa (flow) style yoga which focuses on using breath to flow from one pose to another. Challenge options for improving strength and balance are provided. All levels welcome. Basic knowledge of yoga poses preferred.

**Dance Cardio:** Class will include 5-10 minute warm, 35 mins dancing followed by 5-10 minute cool down. Dance moves are taught 4 steps at a time. Both fast and slow songs (high and low impact options). No choreography to memorize, movement is driven by the music. Students encouraged to suggest dance songs and dance moves for the classes.

**Gentle Stretch:** A head to toe stretch class incorporating breath work and meditation. Focus will be on maximizing joint mobility with some dynamic and some static stretching incorporated. Resistance bands, straps, balls, bolsters, blankets may be incorporated.

**Yoga:** : Facilitated by a Certified Yoga Therapist, this therapeutic practice, beginning with centering and mindfulness of breath, is geared to target movements of the spine and joints for flexibility, vitality and strength. The variety of poses – standing, seated, balances, twists, weight bearing – combine to soothe the body and mind. Several minutes of restorative relaxation calm the emotions and nervous system. Open to beginners.

**Gentle Flow Yoga:** Vinyasa (flow) style class that focuses on using the breath to smoothly flow from one yoga pose to another. This class facilitates mindfulness, body awareness, and creates a practice that becomes a moving meditation. Chairs can be used to aid with balance. All levels welcome.

**Taiji:** Tai Chi is a Chinese Internal martial art that teaches one how to cultivate the internal energy or Chi. Tai Chi will provide such benefits as increased energy, improved mental focus, balance, flexibility and an inner calmness.

**Qigong:** The internal art of Chi-Kung is the root and essence, the very foundation of any and all true internal martial arts. It is a modality of study that opens the door into understanding self and the relationship of self to all that is. All can truly benefit from its study and its marvelous benefits are felt on all levels of self.

**Fusion:** Drawing from various fitness approaches, this class will get you moving, make you stronger and improve your posture and balance. We'll be doing resistance-based exercises (using hand weights, bands, weighted bars ...) and Barre-class-inspired movement routines that target the core and focus on proper form and stability. We will conclude each class with floor exercises on the mat. Modifications and options will be suggested to adjust to different fitness levels. (Fusion starts Monday 9/9/19)