



THE BECOMING CENTER

WINTER 2019 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL CLASSES	H2O Aerobics III 9:00 am Barbara H2O Aerobics II 10:00 am Cindy H2O Aerobics II 11:00 am Cindy H2O Aerobics I 1:00 pm Genie H2O Aerobics I 2:00 pm Genie H2O Aerobics 6:00 pm Paula	H2O Aerobics 8:00 am Maria H2O Tai Chi 8:50 am Maria H2O Aerobics 9:40 am Cindy Arthritis 10:30 am Cindy H2O Aerobics 5:15 pm Linda	H2O Aerobics III 9:00 am Eileen H2O Aerobics II 10:00 am Linda H2O Aerobics II 11:00 am Linda H2O Aerobics I 1:00 pm Genie H2O Aerobics I 2:00 pm Genie H2O Aerobics 5:45 pm Barbara	H2O Aerobics 8:00 am Genie H2O Tai Chi 8:50 am Genie H2O Aerobics 9:40 am Eileen Arthritis 10:30 am Eileen H2O Aerobics 6:00 pm Paula	H2O Aerobics III 9:00 am Eileen H2O Aerobics II 10:00 am Cindy H2O Aerobics II 11:00 am Cindy H2O Aerobics I 1:30 pm Barbara	H2O Aerobics 9:00 am Genie/Maria
LAND CLASSES	Strength Circuit 8:45 am Don Cardio Interval 9:30 am Regina Youthful Hearts 10:20 am Regina Cran. Crunch 11:15 am Kiley Gentle Flow Yoga 3:00 pm Liz	Yoga Level I 7:45 am Anina Yoga Level III 9:00 am Anina Meditation 10:00 am Jamie Pilates 10:00 am Sharon Qigong 11:00 am Joan Taiji 12:00 pm Martina Yoga Level I 6:00 pm Lois	Strength Circuit 8:45 am Don Cardio Interval 9:30 am Lucie SS Classic 10:20 am Lucie SS Yoga 11:15 am Sharon Gentle Flow Yoga 3:00 pm Liz	Yoga Level I 7:45 am Anina Yoga Level II 9:00 am Anina Meditation 10:00 am Jamie Pilates 10:00 am Sharon Qigong 11:00 am Joan Taiji 12:00 pm Martina Yoga Level I 6:00 pm Lois	Strength Circuit 8:45 am Don Cardio Interval 9:30 am Kim SS Classic 10:20 am Kim Balance Challenge 11:15 pm Sharon	

*Effective January 1st, 2019

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.

Pilates: Variable resistance exercises for anyone of any level of fitness to benefit from improved posture, tension release, heightened strength and balance, and overall body toning and conditioning.

Silver Sneakers Yoga®: Get ready, get set, breathe! This class will utilize a chair or mat to stretch and lengthen your body. We will be doing breathing exercises and will end the class with a brief meditation leaving you feeling refreshed and renewed.

Balance Challenge: Challenge your balance in this fun interactive class that will focus on the main areas that affect balance such as strength, flexibility, agility and coordination.

Cranium Crunch: Challenge your brain and your memory with this fun interactive brain aerobics class. We will focus on the development of positive mind stimulation & brain fitness!

Yoga I, II, III: A progression of stretching and meditative breathing techniques available for all levels of expertise.

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. Tai Chi can show you the way to attain harmony and balance in your life.

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.

Zumba® Gold is for active older adults who are looking for a modified Latin dance-based Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Youthful Hearts is a creative , pain free , non-competitive class. Using hand weights, balls, bands, chairs and more, expect to improve your bone and muscle strength, balance, flexibility and brain health . Learn to safely work with your limitations and actually ENJOY exercising your body. Become STRONG and HAPPY!