



# THE BECOMING CENTER

## FALL 2018 CLASS SCHEDULE

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

\*Effective October 1<sup>st</sup>, 2018

## 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.

**Senior Barre** incorporates an upper and lower body workout with light weights, mini balls and a combination of low and high sequences of thigh, glute and core exercises at the barre (chair). Combinations of ballet movements and fitness movements are included in each class.

**PiYo Fusion** is a total body fitness class that combines the practices of Pilates and yoga to help build strength, flexibility, and lose weight. It uses upbeat mainstream music and combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility of yoga at a fast pace.

**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!