



THE BECOMING CENTER

SPRING 2018 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL CLASSES	AquaCardio ROM III 9:00 am Bev AquaCardio ROM II 10:00 am Bev AquaCardio ROM II 11:00 am Bev AquaCardio ROM I 1:00 pm Eileen AquaCardio ROM I 2:00 pm Eileen H2O Aerobics 6:00 pm Paula	H2O Aerobics 8:00 am Maria H2O Tai Chi 8:50 am Maria H2O Aerobics 9:45 am Deb Arthritis Basics 10:35 am Deb H2O Aerobics/Tai Chi 5:15 pm Eileen	AquaCardio ROM III 9:00 am Bev AquaCardio ROM II 10:00 am Bev AquaCardio ROM II 11:00 am Bev AquaCardio ROM I 1:00 pm Cindy AquaCardio ROM I 2:00 pm Cindy H2O Aerobics 5:45 pm Cindy	H2O Aerobics 8:00 am Genie H2O Tai Chi 8:50 am Genie H2O Aerobics 9:45 am Deb Arthritis Basics 10:35 am Deb H2O Aerobics 6:00 pm Paula	AquaCardio ROM III 9:00 am Bev AquaCardio ROM II 10:00 am Bev AquaCardio ROM II 11:00 am Bev AquaCardio ROM I 1:00 pm Genie AquaCardio ROM I 2:00 pm Genie	H2O Aerobics 9:00 am Genie/Maria
LAND CLASSES	Core & More 8:45 am Deb Cardio Interval 9:30 am Deb *SS Classic 10:20 am Deb Latin Dance 11:15 am Deb Cran. Crunch 11:15 am Kiley Balance Challenge 12:10 pm Sharon Gentle Flow Yoga 3:00 pm Liz	Yoga Level I 7:45 am Lois Yoga Level III 9:00 am Lois Pilates 10:00 am Sharon Meditation 10:00 am Lois Strength Circuit *In Gym 10:30 am Don Qigong 11:00 am Joan Taiji 12:00 pm Joan Yoga Level I 6:00 pm Lois	Yoga Level I 7:45 am Lois Core & More 8:50 am Lucie Cardio Interval 9:30 am Deb *SS Classic 10:20 am Deb SS Yoga 11:15 am Deb Balance Challenge 12:10 pm Sharon Meditation 12:30 pm Barb Gentle Flow Yoga 3:00 pm Liz	Yoga Level I 7:45 am Lois Yoga Level III 9:00 am Lois Pilates 10:00 am Sharon Meditation 10:00 am Lois Strength Circuit *In Gym 10:30 am Don Qigong 11:00 am Joan Taiji 12:00 pm Joan Yoga Level I 6:00 pm Lois	Core & More 8:45 pm Deb Cardio Interval 9:30 am Deb *SS Classic 10:20 am Deb SS Yoga 11:15 am Sharon Balance Challenge 12:10 pm Sharon	

POOL CLASSES

AquaCardio ROM: Aquatic program designed for exercises that can be performed on multiple levels which encourages participants to work to their potential thru a series of Cardio, ROM, balance and strength exercises. Fun supportive class for people of varying abilities.

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

Core & More: Components of Pilates, yoga, and strength training are used to strengthen your core, increase flexibility, and increase overall strength.

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!

Latin Z-Dance: Basic international dance—using the principles of Zumba, this class provides easy-to-follow moves to get you dancing and sweating to the beat.

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.

Meditation Class: This Meditation Class will offer opportunities to explore your inner self through the many modes of meditation including guided imagery, visualization, pure silence and Reiki. Take a few minutes out of your busy day and just be present.