



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SENIOR FITNESS SCHEDULE

## MULTI PURPOSE OR MINI-PURPOSE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Group Fitness Schedule May 2012</b>	6:45-7:45am Sunrise Yoga	10-11am Pilates Fundamentals	6:45-7:45am Sunrise Yoga	9:45-10:45am <sup>■</sup> SilverSneakers™ Yogastretch	6:45-7:45am Sunrise Yoga	
<b>Schedule Begins May 1, 2012 and is subject to change</b>	8:30-9:30am Senior Jam	11am-Noon Pilates Fundamentals	8:30-9:30am Senior Jam	10-11am Pilates Fundamentals	8:30-9:30am Senior Jam (1 <sup>st</sup> Friday Line Dancing)	
<b>■Mini-Purpose Room</b>	9:45-10:45am <sup>■</sup> SilverSneakers™ YogaStretch	11-Noon SilverSneakers™ Muscular Strength	9:45-10:45am <sup>■</sup> Zumba Gold	11-Noon <sup>■</sup> SilverSneakers™ Muscular Strength	9:30-10:15am Nia (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> ) Zumba (2 <sup>nd</sup> , 4 <sup>th</sup> )	
<b>* Class Held in Board Room or Bea Escobar Room</b>	11-Noon Yoga Fundamentals	12:10-1:10pm <sup>■</sup> Silver Sneaker™ Muscular Strength	11-Noon Yoga Fundamentals	12:10-1:10pm <sup>■</sup> Silver Sneaker™ Muscular Strength	11- Noon <sup>■</sup> Chair Pilates	
	4:30-5:30pm <sup>■</sup> Yoga Fundamentals				11-Noon Yoga Fundamentals	
	5:30-6:30pm* Mindfulness Meditation	5:30-6:30pm Nia			5:30-6:30pm Nia	

## LARGE POOL / SMALL POOL

Monday	Tuesday	Wednesday	Thursday	Friday
9-10am Aqua Jive (large pool)	7:30-8:15am Arthritis (small pool)	7:30-8:15am Arthritis (small pool)	7:30-8:15 Arthritis (small pool)	9-10am Aqua Jive (large pool)
11-Noon Just My Speed (small pool)	9:30-10:30am H2O Combo (large pool)	9-10am Aqua Jive (large pool)	9:30-10:30am H2O Combo (large pool)	11-Noon Just My Speed (small pool)
Noon-1pm Aqua Jive (large pool)		11-Noon Just My Speed (small pool)		Noon-1pm Aqua Jive (large pool)
1-1:45pm Arthritis (small pool)		Noon-1pm Aqua Jive (large pool)		Noon-1pm Aqua Jive (large pool)
		1-1:45pm Arthritis (small pool)		1-1:45 Arthritis (small pool)

**Downtown Family Center**  
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## GROUP FITNESS DESCRIPTIONS

**CHAIR PILATES:** Experience the benefits of Pilates seated in a chair for those who may not be able to take a traditional mat Pilates class. Some of the work will be done standing and using the chair for balance if needed. The routine stays close to the classical mat order of exercises and includes stretching, balance, strength and coordination work. The Pilates breathing technique is taught and all movement will originate from the Powerhouse: center of body.

**LINE DANCING:** Come try and Line Dancing class and learn how to dance to all of your country-western favorites while getting a great workout.

**MINDFULNESS MEDITATION:** Learn how to manage stress through mindfully changing your approach toward everyday activities and use the breath to come back to the present. This class is appropriate for new students of meditation, and for those who have attended meditation classes and would like to expand their practice. Silent sitting meditation will also be taught. Guided by Pat Komarow, a Meditation Teacher since 1989, member of Rocky Mountain Insight, Kripalu-certified yoga teacher, and licensed massage therapist.

**NIA:** Combining carefully selected concepts from yoga, the martial arts, dance, and other movement forms, Nia classes offer total-body conditioning and cross-training for any sport or activity.

**PILATES FUNDAMENTALS:** Pilate's fundamentals are the building blocks of every Pilates exercise as you lengthen, strengthen and balance the body.

**SENIOR JAM:** This class is designed to give our active older adult population a good overall workout, combining cardio and strength training.

**SilverSneakers™ MUSCULAR STRENGTH and RANGE of MOVEMENT:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing

**SilverSneakers™ YOGA STRETCH:** Yoga stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SUNRISE YOGA:** Start your day off right with yoga designed to build strength and increase flexibility as well as relax and de-stress your body.

**YOGA FUNDAMENTALS:** Slow paced class designed for those new to yoga. Basic Yoga poses will be

**ZUMBA GOLD:** This class targets the largest growing segment of the population: baby boomers. It 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, or just new to Zumba. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun.

## WATER CLASS DESCRIPTIONS

**AQUA JIVE:** This class promotes cardiovascular and muscular conditioning by using various movements and routines accompanied by upbeat music.

**ARTHRITIS:** This class focuses on stretching and movement and is held in our small pool which has a warmer water temperature.

**H2O COMBO:** This class incorporates water yoga and dance moves to provide a total body workout for all levels of fitness. Endurance, flexibility, and strength are all improved.

**JUST MY SPEED:** Join other active older adults while we work on improving flexibility, strength, endurance, and body core stability.