

# Meadow Ridge Group Fitness Calendar & Class Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Stretch & Strength ◇◇◇ 9:30-10:10 Christa	Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Stretch & Strength ◇◇◇ 9:30-10:10 Christa	Stretch & Strength ◇◇◇ 9:30-10:10 Paul	Seated Pilates ◇ 10:00-10:30
Core Crunch ◇◇ 10:15-10:30 Christa	Yoga ◇ 10:30-11:25 Christa	Core Crunch ◇◇ 10:15-10:30 Christa	Yoga ◇ 10:30-11:25 Christa	Mindful Meditation ◇ 10:15-10:30 Christa	Pilates ◇◇ 10:30-11:00
Gentle Water Balance ◇ P 10:45-11:15	Balance ◇◇ 11:30-12:00 Christa	Aquacise ◇◇ 10:45-11:15 Paul	Balance ◇◇ 11:30-12:00 Christa	Water Walking ◇ 10:45-11:15 Christa	Enjoy Working Out In the Fitness Center!
Qi Gong ◇ 10:45-11:45 John	Cardio Fit ◇◇ 12:15-12:45 Christa	Cardio Drumming ◇◇ 11:30-12:00 Christa	Cardio Fit ◇◇ 12:15-12:45 Christa	Cardio Drumming ◇◇ 11:30-12:00 Christa	
Gentle Stretch & Move ◇ ◇ 2:30-3:00 Paul	Wii Sports 1:00-1:30	Gentle Stretch & Move ◇ ◇ 12:30-1:00 Christa	Wii Sports 1:00-1:30	Gentle Stretch & Move ◇ ◇ 12:30-1:00 Christa	
		Gentle Stretch & Move ◇ ◇ 2:30-3:00 Paul		Gentle Stretch & Move ◇ ◇ 2:30-3:00 Paul	

**Intensity Key**  
◇ = Low  
◇◇ = Medium  
◇◇◇ = High

**Location Key**  
= Auditorium  
= Pool  
= Fitness Studio  
= Fitness Center

**Aquacise** ◇◇ **Pool classes are for Residents only** Get the benefits of higher aerobic exercise with low impact on your body. Move, strengthen your muscles and keep your heart rate strong with this 30 minute class. **Participants should be able to get in/out and maneuver freely without assistance in the pool.** Please be changed, showered and in the pool at the start of the class.

**Balance** ◇◇ Reduce your risk for falls by performing balance specific exercises focused on strengthening your leg muscles, testing your sense of positioning and increasing your comfort to move through your environment.

**Cardio Drumming** ◇◇ This cardiovascular workout utilizes various surfaces and a pair of drumsticks. Whether you choose to sit or stand, we work on relieving stress and anxiety while increasing energy, joint mobility and immunity. No drum experience necessary!

**Cardio Fit** ◇◇ Join us for an aerobics class that’s safe and heart-healthy. You’ll enjoy moving to the music through a variety of exercises that increase your range of motion and make your heart stronger!

**Core Crunch** ◇◇ A great addition to your balance program! This class focuses on your stomach and back muscles, improving your posture and balance. You will be seated for all exercises and all fitness levels are welcome.

**Gentle Stretch & Move** ◇◇ Stretch out your muscles and increase your heart rate from the comfort of the chair. Focus on active and gentle stretching with additional movements to increase daily activity. **A better choice for an individual who wants to exercise but has difficulty maneuvering up and down or standing for any length of time.**

**Gentle Water Balance** ◇ **Pool classes are for Participants only** Feeling wobbly and stiff? Strengthen your muscles and improve balance on land using water resistance with and without equipment through walking, standing, and balance poses.

**Mindful Meditation** ◇ If you are looking for a class that will clear your mind, this is the right one for you! Join us every Friday morning at 10:15 am to see how stress relief and deep-breathing exercises will increase your mindfulness, and help you relax from your outside stressors.

**Qi Gong** ◇ Practice the art of conscious movement with full, rhythmic breathing that can increase energy and ease joints and tension. Practice can be performed on the floor or in a chair. Calm movement with awareness to balance your inner mind with your outside body.

**Seated Pilates/Pilates** ◇ With this carefully constructed pattern of exercises, you become reacquainted with the deep core muscles. These integral muscles are there to support functional life! Breathing, Circulation, Flexibility, reintegrating movement after injury and Mind-Body coordination are only a few of the many benefits that Pilates can offer. Seated Pilates is at 10:00 am and 10:30 am is a regular Pilates class.

**Stretch & Strength** ◇◇◇ A complete exercise experience for the **higher level** participant. Come to class to start off your day energized! This class includes cardiovascular, strength and balance exercises. **Participants should be able to sit, stand and maneuver well with a chair.** Hand weights and resistance bands are used regularly.

**Water Walking** ◇ **Pool classes are for Residents only** Learn new, effective ways to burn calories in the pool. This is a perfect environment for anyone with sore joints, balance impairments, or anyone who just wants to try something new!

**Yoga** ◇ This yoga class will be primarily performed seated, however we will be standing for a portion of the class. Modifications will be made available for those who choose not to stand during class. Yoga will teach you how to move your body through a variety of poses to improve your inner strength, cardiovascular response and balance.

**Open Gym Hours:**  
**Mon., Wed. & Fri.**  
**9:00am-10:00am**

**Questions, Please call**  
**Paul Brown, Manager**  
**(203)544-7733 ext. 630**