

## Group Fitness Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>7:30-8</b> Cardio Fit	<b>7:30-8:15</b> Sculpt & Tone	<b>7:30-8</b> Cardio Fit	<b>7:30-8:15</b> Sculpt & Tone	<b>7:30-8:15</b> Mat Yoga
<b>8-8:30</b> Mat Yoga		<b>8-8:30</b> Mat Pilates		
<b>9:00-9:30</b> stability & stretch	<b>9-9:30</b> functional strength	<b>9:00-9:30</b> cardio combo	<b>9-9:30</b> <b>SILVER&amp;FIT</b> <small>EXPLORE</small>	<b>9-9:30</b> stability & stretch
<b>9:30-10</b> cardio combo	<b>9:30-10</b> chair yoga	<b>9:30-10</b> stability & stretch	<b>9:30-10</b> chair yoga	<b>9:30-10</b> chair yoga
<b>10-10:30</b> stability & stretch	<b>10-10:30</b> functional strength			<b>10-10:30</b> stability & stretch
	<b>10:30-11</b> chair yoga			<b>10:30-11</b> chair yoga
<b>1-1:30</b> stability & stretch				
<b>1:30-2</b> cardio combo	<b>1:30-2</b> <b>SILVER&amp;FIT</b> <small>EXPLORE</small>	<b>1:30-2</b> cardio combo	<b>1:30-2</b> functional strength	
<b>2-2:30</b> stability & stretch	<b>2-2:30</b> chair yoga	<b>2-2:30</b> stability & stretch	<b>2-2:30</b> chair yoga	

Class descriptions are included on the reverse side. **This schedule goes into effect Mon., Jan. 7th.**

For more information, contact Sam Zumdahl 608-636-2445

## Class Descriptions



### *Chair Based Classes:*

**Stability & Stretch:** This 30 minute class focuses on improving your balance and flexibility. Much of this class will be done standing, with some seated activities. Assisted devices may be used in this class.

**Cardio Combo:** This low-impact aerobic workout is designed to work your heart and lungs. We will do series of activities to increase your heart rate followed by periods of active recovery. This class is a great way to build your cardiovascular endurance. Exercises in this class can be done either seated or standing.

**Functional Strength:** This class will help you build the strength and flexibility you need to complete your day to day activities. This class will utilize free weights and resistance bands and a combination of seated and standing exercises that will work your entire body.

**Chair Yoga:** This chair-based class works on core strength, posture, flexibility, and balance through a combination of seated and standing poses followed by a time of relaxation and deep breathing. If needed, you may remain seated for the entire class.

**Silver&Fit Explore:** This 30 minute class is similar to the functional strength class, but will include exercises for flexibility, joint stability, dynamic balance, coordination, and cardiovascular endurance, in addition to building muscular strength.

### *Mat Based Classes:*

**Beginner Mat Yoga:** This yoga class will be a beginner level flow class. This class will be done on the mat, so participants will need to be able to get up and down off the floor.

**Mat Pilates:** This 30 minute class is focused on strengthening your core muscles, and improving your posture and flexibility. This class is a mat based class, so participants need to be able to get up and down from the floor.

**Sculpt & Tone:** This 45 minute class is a higher intensity strength training class and is most appropriate for individuals with minimal joint issues. The class will consist of mostly standing exercises or exercises done on the mat, so participants need to be able to get up and down off the floor.

**Cardio Fit:** In this 30 min class we will be working on cardiovascular strength and endurance at a higher intensity than seen in the cardio combo class. We will use low-impact exercises and some agility work in this class.