



**SEPTEMBER & OCTOBER 2017**

**JCC of Greater Columbus Group Exercise Schedule  
SENIOR - FRIENDLY EXERCISE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>ANNOUNCEMENTS</b></p> <p>Classes with fewer than 8 participants are subject to cancellation. PLEASE ARRIVE ON TIME FOR CLASSES!</p> <p><b>NEW!! CHAIR FLOW YOGA! FRIDAYS</b></p> <p>ALL members may attend Silver Sneakers classes (class size limited to 30)</p> <p><b>NEW TAI CHI SESSION WILL BEGIN ON OCTOBER 16 . CONTACT BETH FOR DETAILS. COST IS \$45 FOR 12 WEEKS; CLASS WILL MEET MONDAYS &amp; THURSDAYS AT 2 PM.</b></p>	<b>All classes are 45 minutes long unless noted</b>				
	<b>SilverSneakers® Circuit</b> 11 - 11:45 am Gail <i>Group Exercise</i>	<b>SilverSneakers® Classic</b> 10:15 - 11 am Gail <i>Group Exercise</i>	<b>SilverSneakers® Circuit</b> 10:45 - 11:30 am Gail <i>Group Exercise</i>	<b>SilverSneakers® Classic</b> 10:45 - 11:30 am Gail <i>Group Exercise</i>	<b>Zumba Gold</b> 10:45 - 11:30 am Gail <i>Group Exercise</i>
	<b>Zumba Gold</b> 1 - 1:45 pm Gail <i>Group Exercise</i>	<b>SilverSneakers® YogaStretch</b> 11 - 11:45 am Gail <i>Group Exercise</i>	<b>BOOM: muscle, move it &amp; mind</b> 1 - 1:45 pm Karen <i>Group Exercise</i>	 <b>NEW!</b> 	<b>SilverSneakers® Chair Flow Yoga</b> 11:45 am - 12:30 pm Stephanie Tran <i>Group Exercise</i>
		<b>SilverSneakers® Classic</b> 1 - 1:45 pm Beth <i>Group Exercise</i>		<b>SilverSneakers® Classic</b> 1 - 1:45 pm Vicki <i>Group Exercise</i>	<b>BOOM: muscle, move it &amp; mind</b> 1 - 1:45 pm Karen <i>Group Exercise</i>
AQUATICS CLASSES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Basic Moves</b> 8:15am	<b>Restorative Movement</b> 11:15am	<b>Basic Moves</b> 8:15am	<b>Restorative Movement</b> 11: 15am	<b>Basic Moves</b> 8:15am
	<b>Deep Water Basics</b> 9:30		<b>Deep Water Basics</b> 9:30		<b>Deep Water Basics</b> 9:30 AM

**PLEASE SEE BACK SIDE FOR CLASS DESCRIPTIONS. CONTACT BETH MCCULLOUGH 614-559-6207 FOR QUESTIONS OR MORE INFORMATION**

## **Class Descriptions:**

**SilverSneakers® CLASSIC ( FORMERLY Muscular Strength & Range of Motion):** 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 and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. ALL MEMBERS MAY ATTEND!

**SilverSneakers®Yoga:** SilverSneakers® Yoga 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. ALL MEMBERS MAY ATTEND!

**SilverSneakers®Cardio (FORMERLY CardioCircuit):** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises. MUST BE ABLE TO STAND FOR THE ENTIRE CLASS.

**Chair Yoga Flow:** a great way to leave behind the stresses of the week as you look forward to an enjoyable weekend. We will practice the fundamentals of yoga, mindfully breathing while flowing through a series of seated and standing yoga poses. This class is a great way to strengthen, stretch and relax without getting up & down from the floor. Perfect for all levels of experience!

**ZUMBA Gold:** Zumba, at a reduced pace and intensity, specifically for Seniors. Also a good class for those not accustomed to exercise.

**Tai Chi: Moving for Better Balance and Fall Prevention:** A 12 week course that includes 2 hours of instruction with a trained and certified instructor each week, balance assessment prior to program start and at the end of the program, a manual and an instructional DVD. This is an evidence-based class that has been proven to improve balance, reduce the incidence of falls, increase self-confidence, reduce stress and build strength and spatial awareness. Pre-registration and pre-payment are strongly recommended, as class maximum enrollment is 12. Next class session begins March, 2017.

**BOOM: MUSCLE, MOVE IT & MIND:** a NEW CLASS designed for Baby Boomers. This class includes strength, cardio dance and mind/body work and is NOT appropriate for those who cannot easily get down to & up from the floor. This class is designed to improve cardiovascular endurance, muscular strength and endurance, flexibility, agility, balance, coordination, power and speed. Please see Beth if you have any questions or would like more information.

All General Group Exercise Classes are FREE! There is a fee of \$45 for the 12 week Tai Chi Program, which includes balance assessment, 24 hours of instruction, manual and DVD.

Schedule subject to change: Classes averaging less than 8 participants quarterly will be cancelled. Arrive to class on time, warmed up and ready to go. Warm ups are essential! Don't risk injury!

**QUESTIONS? Contact Beth McCullough, Asst. Fitness Director, 559-6207, [bmccullough@columbusjcc.org](mailto:bmccullough@columbusjcc.org)**

**Classes listed without an end time are 60 minutes.**