

**December 2018 & January 2019**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All classes are 45 minutes long unless noted otherwise</b></p> <p>Classes with fewer than 8 participants are subject to cancellation.</p> <p><b>PLEASE ARRIVE ON TIME FOR CLASSES!</b></p> <p>ALL members may attend Silver Sneakers classes (class size limited to 30)</p> <p><i>THE NEXT TAI CHI SESSION WILL BEGIN IN MARCH . PLEASE CONTACT BETH FOR DETAILS IF YOU NEED THEM.</i></p> <p><i>Tai Chi class will be held on Mon &amp; Thurs at 2 pm for 12 weeks.</i></p>	<p><b>SilverSneakers® Circuit</b> (Senior Cardio Circuit) 11 - 11:45 am Gail <i>Group Exercise</i></p>	<p><b>SilverSneakers® Classic</b> (Senior Strength) 10:15 - 11 am Gail <i>Group Exercise</i></p>	<p><b>SilverSneakers® Circuit</b> (Senior Cardio Circuit) 10:45 - 11:30 am Gail <i>Group Exercise</i></p>	<p><b>SilverSneakers® Classic</b> (Senior Strength) 10:45 - 11:30 am Gail <i>Group Exercise</i></p>	<p><b>Zumba Gold</b> (Cardio Dance) 10:45 - 11:30 am Gail <i>Group Exercise</i></p>
	<p><b>Zumba Gold</b> (Cardio Dance) 1- 1:45 pm Gail <i>Group Exercise</i></p>	<p><b>SilverSneakers® Yoga</b> Stretch (Chair Yoga) 11 - 11:45 am Gail <i>Group Exercise</i></p>			<p><b>SilverSneakers® Chair</b> Flow Yoga (Chair Yoga) 11:45 am - 12:30 pm <b>Stephanie Tran</b> <i>Group Exercise</i></p>
		<p><b>SilverSneakers® Classic</b> (Senior Strength) 1 - 1:45 pm Beth <i>Group Exercise</i></p>	<p><b>BOOM: muscle, move it &amp; mind</b> 1 - 1:45 pm Karen <i>Group Exercise</i></p>	<p><b>SilverSneakers® Classic</b> (Senior Strength) 1 - 1:45 pm Vicki <i>Group Exercise</i></p>	<p><b>BOOM: muscle, move it &amp; mind</b> 1 - 1:45 pm Karen <i>Group Exercise</i></p>
<b>AQUATICS CLASSES</b>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FOR QUESTIONS REGARDING AQUATICS CLASSES, PLEASE CONTACT Jeff Rosenblum, AQUATICS DIRECTOR AT 614-559-6213</b></p>	<p><b>Aqua Fit</b> 8:15am Intermediate beginner</p>	<p><b>Hydro Power Deep</b> 10:00 AM Intermediate</p>	<p><b>Water Fitness 101</b> 8:15am Beginners</p>	<p><b>Hydro Power Deep</b> 10:00 AM Intermediate</p>	<p><b>Water Fitness 101</b> 8:15am Beginners</p>
	<p><b>Deep Water 101</b> 9:30 AM All levels</p>	<p><b>ZenFit Shallow</b> 11:15am</p>	<p><b>Deep Water 101</b> 9:30 AM All levels</p>	<p><b>ZenFit Shallow</b> 11: 15am</p>	<p><b>Deep Water 101</b> 9:30 AM All levels</p>

**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 muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball 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 postures designed to increase flexibility, balance and range of movement. Rest and breathing promote stress reduction and mental clarity. ALL MEMBERS MAY ATTEND!

**SilverSneakers®Cardio (FORMERLY CardioCircuit):** Combine fun with fitness to increase your cardiovascular and muscular strength. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is also 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. A SilverSneakers ball is used for breathing while flowing through a series of seated and standing yoga poses. This class is a great way to strengthen, stretch and improve balance on 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 Zumba.

**Tai Chi: Moving for Better Balance and Fall Prevention:** A 12 week course that includes 2 hours of instruction with assessment prior to program start and at the end of the program, a manual and an instructional DVD. This is an evidence-based program to reduce the incidence of falls, increase self-confidence, reduce stress and build strength and spatial awareness. Pre-registration required. 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 and balance exercises for those who cannot easily get down to & up from the floor. This class is designed to improve cardiovascular endurance, muscular strength, 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 a manual and DVD.

Schedule subject to change: Classes averaging less than 8 participants quarterly will be cancelled. Arrive to class on time. Safety is essential! Don't risk injury!

**QUESTIONS? Contact Beth McCullough, Asst. Fitness Director, 559-6207, beth@cityofpeoria.org**

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