

# Southeast Health Fitness Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Barre-Less (Eliza)		Pilates (Eliza)		Barre-Less (Eliza)
8:20	Zumba (Eliza)		Zumba (Eliza)		Zumba (Eliza)
8:30		Power ½ hour (Caroline)		Power ½ hour (Caroline)	
9:15	Young Hearts (Caroline)	Young Hearts Zumba (Caroline)	Young Hearts (Caroline)	Young Hearts Zumba (Caroline)	Young Hearts (Caroline)
10:15	Young Hearts (Caroline)	Senior Circuit (Rachel)	Young Hearts (Caroline)	Senior Circuit (Rachel)	Young Hearts (Caroline)
	Strength and Balance (Eliza)	Silver Sneakers (Caroline)	Strength and Balance (Eliza)	Silver Sneakers (Caroline)	Strength and Balance (Eliza)
11:15		Silver Sneakers EnerChi (Rachel)		Silver Sneakers EnerChi (Rachel)	
12:00	Better your Balance (Eliza)		Better your Balance (Eliza)		
12:15					Senior Circuit (Caroline)
1:15	Senior Circuit (Rachel)	Silver Sneakers Yoga (Caroline)	Senior Circuit (Rachel)	Silver Sneakers Yoga (Caroline)	
2:15		Silver Sneakers (Caroline)		Silver Sneakers (Caroline)	
4:15	Pure Strength (Caroline)	Muscle Confusion (Caroline)	Pure Strength (Caroline)	Tone & Burn (Eliza)	
5:15*	Pilates (Caroline)	Kickboxing (Eliza)	Pilates (Caroline)	Zumba (Eliza)	
6:00		Power ½ Hour (Caroline)		Power ½ Hour (Micaela)	

## LOW IMPACT

- **Silver Sneakers Classic-** Low impact exercises designed to increase muscular strength, range of movement and make daily activities easier
- **Silver Sneakers Yoga-** Chairs provide support for various yoga poses designed to increase flexibility, improve balance, and range of motion. Breathing exercises and relaxation periods reduce stress and improve mental clarity
- **Silver Sneakers Enerchi-** Class incorporates tai chi and qigong principles to improve physical and mental well-being. EnerChi introduces modified tai chi forms. In Enerchi you will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.
- **Senior Circuit-** Classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance
- **Better your Balance-** Improve your balance and range of motion with seated, standing, and across the floor exercises
- **Young Hearts Zumba-** Low impact Zumba class
- **Strength and Balance-** Improve your stability with strength training and balance exercises
- **Young Hearts-** chair-based aerobics class that incorporates strength, cardio and flexibility training

## MID LEVEL

- **Pilates-** Low impact exercises and stretching designed to improve strength, flexibility, and posture
- **Barre-Less-** Tone and burn with ballet-inspired exercises that increase muscle tone and endurance using a chair for stability and support

## HIGH IMPACT

- **Pure Strength-** Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle
- **Power ½ Hour-** Offers a vast variety of core, cardio, strength training, and toning exercises in just 30 minutes
- **Zumba-** Latin-inspired dance moves that provide a total workout, combining all elements of fitness– cardio, muscle conditioning, balance and flexibility
- **Muscle Confusion-** Get ready for whatever the instructor throws at you- TRX, jump rope, BOSU, or weights. It changes every week!
- **Tone & Burn** – Tone muscles and burn fat in this total body workout class
- **Kickboxing-** Build endurance and burn calories with this cardio-focused workout that combines a series of punching and kicking combos