








RECREATION CENTER  
of HIGHLAND PARK




# FIT FOR LIFE

## Group Fitness Schedule: Classes for Active Older Adults Effective September 9, 2019



### MONDAY

 8:15 - 9:10 am	Barre	Studio 1	Cara Schlusssel
 9:00 - 9:50 am	Water Warriors	Pool	Yael Morganstern
 10:00 - 11:00 am	Aqua Flow	Pool	Anita Scheindel
 10:35 - 11:35 am	Forever Fit	Studio 1	Yael Morganstern
12:05 - 1:20 pm	Gentle Yoga	Studio 2	Marian McNair
12:15 - 1:15 pm	Sets and Reps	Studio 1	Amy Hohman
 1:30 - 2:30 pm	Tai Chi	Studio 1	Ken Ning




### TUESDAY

 8:30 - 9:30 am	Water Warriors	Pool	Amy Hohman
9:35 - 10:35 am	Zumba Toning	Gym	Melissa Kerpel
 9:30 - 10:45 am	All Levels Yoga	Studio 2	Silvia Shaw
 10:30 - 11:30 am	Balance and Tone	Studio 1	Judy Friedman
12:05 - 1:05 pm	Chair Yoga	Studio 2	Jerry Eichengreen
6:00 - 7:15 pm	Restorative Yoga	Studio 2	Marian McNair


### WEDNESDAY

 9:00 - 9:50 am	Water Warriors	Pool	Yael Morganstern
9:30 - 10:25 am	Barre	Studio 1	Ellen Morgan
 10:00 - 11:00 am	Aqua Flow	Pool	Anita Scheindel
10:30 - 11:25 am	Tai Chi	Studio 1	Ken Ning
11:30 - 12:30 am	Forever Fit	Studio 1	Cara Schlusssel

### THURSDAY

 8:30 - 9:20 am	Step Fusion	Studio 1	Ellen Morgan
 8:30 - 9:25 am	Aqua Zumba	Pool	Melissa Kerpel
9:35 - 10:35 am	Zumba	Gym	Melissa Kerpel
10:30 - 11:20 am	Balance & Tone	Studio 1	Judy Friedman
10:35 - 11:50 am	Move Well Yoga	Studio 2	Mia Cutler
12:05 - 1:05 pm	Chair Yoga	Studio 2	Jerry Eichengreen
 1:15 - 2:15 pm	Sets & Reps	Studio 1	Amy Hohman


### FRIDAY

 8:30 - 9:30 am	Aqua Intervals	Pool	TBA
10:00 - 11:00 am	Aqua Flow	Pool	Anita Scheindel
11:00 - 11:55 am	Forever Fit	Studio 1	Kristin Vallaly
12:15 - 1:00 pm	Better Balance	Studio 1	Marian McNair

### SATURDAY

 8:30 - 9:25 am	Aqua Intervals	Pool	Katy Kennedy
10:45 am - 12:00 pm	Better Bones Yoga	Studio 2	Marian McNair

### SUNDAY

 9:00 - 9:50 am	Aqua Intervals	Pool	Chelsea Duggan
9:00 - 9:50 am	Zumba	Studio 1	Milana Astorino
10:00 - 10:50 am	Strength & Core	Gym	Milana Astorino

## Group Exercise

### **Barre**

Barre combines elements of core work, Pilates, yoga, and ballet. Its low-impact isometric movements target and tone the toughest areas of your body. Your heart rate will go up and down depending on how hard you work.

### **Balance and Tone**

This class covers a variety of exercises designed to improve muscular strength, balance, and range of motion.

### **Better Balance**

Increase flexibility, joint stability, balance, coordination, agility and muscle strength in an encouraging, unintimidating atmosphere.

### **Forever Fit**

This class is for anyone who wants to be forever fit. The focus is on appropriate strength, cardiovascular, joint stability, balance, and flexibility exercises. All fitness levels are welcome.

### **Sets and Reps**

Structure your workout effectively; three sets of 12-15 reps per exercise. Build muscular strength and endurance. All fitness levels are welcome.

### **Step Fusion**

A fusion of low impact cardio moves on and off the step, strength, abs and stretch. Offering the best of both worlds when it comes to boosting your heart rate and working your muscles. The instructor will move you through each block of exercises on the beat of the music

### **Strength and Core**

A total body conditioning class using simple and compound movements to build muscle and stamina.

### **Zumba**

ZUMBA is an interval-style, calorie-burning dance fitness party. Zumba features Latin rhythms with easy to follow moves. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and boosted energy.

### **Zumba Toning**

Those who want to party but put extra emphasis on toning and sculpting to define those muscles! The added challenge of resistance by using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups.

## Mind/Body

### **Better Bones Yoga**

Poses that are weight-bearing on all four limbs help build bone density. Asanas with spinal rotation or folding forward are avoided.

### **Chair Yoga**

Slower paced gentle yoga class using chairs and props for beginners and those with limitations. Posture, strength, flexibility and breath emphasized during this practice.

### **Gentle Yoga**

A great class for beginners and anyone interested in exploring a gentle practice. Explore a variety of foundational postures and breathing exercises.

### **Restorative Yoga**

A form of yoga that seeks to achieve physical, mental, and emotional relaxation with the aid of props. *Perfect class for those with injuries, need extra support and modifications, or are new to yoga.*

### **Tai Chi**

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow into the body.

## Water Fitness

### **Aqua Flow**

This class will give you a challenging total body, low impact workout in the water. Improving all areas of physical fitness, including; muscle toning, cardiovascular conditioning, and flexibility.

### **Aqua Intervals**

This class combines a series of water exercises in a high/low level format. The instructor will challenge you to build the intensity of a move in short bursts of timed intervals without joint impact. Be prepared to burn calories and increase your overall fitness levels.

### **Aqua Zumba**

Aqua Zumba blends the Zumba philosophy with water resistance. A non-impact, high-energy aquatic class.

### **Water Warriors**

Challenge the dynamics of your aqua workout with segments of cardio and resistance training using intervals and water approved equipment.