

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
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TOTAL BODY
9:00-9:45 am
Fitness Center&
Aerobics Room**

AQUA JAM
10:00-10:45 am
Pool

CHAIR YOGA
10:00-11:00 am
Aerobics Room

BRAIN BODY BALANCE
11:15-12:15 pm
Aerobics Room**
\$\$ per session

FUN FITNESS
11:30-11:50 am
Terrace

CHAIR FIT
11:30-11:55 am
Fitness Center

YOGA For Length & Strength
2:15-3:15pm
Aerobics Room

GETTING STARTED
9:00-9:25 am
Fitness Center**

MASTER FIT
9:00-9:45 AM
Aerobics Room

WATER BALANCE
10:00-10:45 am
Pool

PILATES Video
10:00 -11:00 am
Aerobics Room**

ZUMBA GOLD
10:00 -10:45 am
Fitness Center**

TAI CHI
11:30-12:30 noon
Aerobics Room**

Line Dance
2:00 – 3:00 pm
Aerobics Room**

Wii BOWLING
3:00-4:00 pm
Aerobics Room

TB EXPRESS
8:15 -8:45 am
Aerobics Room**

TOTAL BODY
9:00-9:45 am
Fitness Center &
Aerobics Room**

H2O FITNESS
10:00-10:30 am
Pool

BRAIN BODY BALANCE
10:00-11:00 am
Aerobics Room**
\$\$ per session

NORDIC WALKING
2:00 – 2:30 pm
Outside

STRETCH & FLEX
8:15-8:45am
Aerobics Room

GETTING STARTED
9:00-9:25 am
Fitness Center**

PILATES
10:00-11:00 am
Fitness Center**

ZUMBA GOLD
10:00 -10:45 am
Fitness Center**

CHAIR FIT
11:30-11:55
Fitness Center

Line Dance
2:00 – 3:00 pm
Aerobics Room**

TOTAL BODY
9:00-9:45 am
Fitness Center&
Aerobics Room**

AQUA JAM
10:00-10:45 am
Pool

BRAIN BODY BALANCE
10:00-11:00 am
Aerobics Room**
\$\$ per session

FUN FITNESS
11:30 11:50 am
Terrace

NO CLASSES

****Class has standing and/or floor work**

****Indicates a class has standing and/or floor work**
Classes with less than a minimum of 4 people may be cancelled.

AQUA JAM Low impact water based workout that uses motivating music to increase cardiovascular and muscle endurance.

****BRAIN BODY BALANCE** Class combines movement, breath, and mental focusing to develop awareness of mind-body connection while enhancing physical strength, flexibility, coordination and balance. Advanced signup required. Cost depends on the number of participants.

CHAIR FIT Exercises in a chair to improve posture, increase coordination, circulation and balance.

CHAIR YOGA Participants get to practice a blend of yoga, Qi Gong and Tai Chi for mind body health.

FUN FITNESS A chair exercise class that uses fitness props and basic movement to improve coordination and mood.

GETTING STARTED A 25-minute intro to exercise class aimed at helping new exercisers ease into a regular exercise routine.

H2O FITNESS Water aerobics-style class can help improve your fitness in the no-impact comfort of our warm water pool.

****LINE DANCE** Whether or not you have any dance experience, join us for a class full of fun dance moves and lively music.

****MASTER FIT** A 45-minute total body workout including cardio, balance, core, strength, and flexibility exercise.

****NORDIC WALKING** Outdoor walking with NW Poles volunteered led. If interested call 703-578-7609 for more information.

****PILATES MAT** A floor class using exercises developed by Joseph Pilates for the core (abs & back) which improves posture.

**** PILATES VIDEO** A variety of Pilates DVDs shown in the Aerobics room.

**** STRETCH & FLEX** This class focuses on flexibility and core strength. Standing, chair, and mat floor work exercises preformed.

****TAI CHI** This is an ancient Chinese tradition of a series of movements performed in a slow, focused manner and accompanied by deep breathing. This is an advanced beginner class, some previous Tai Chi training recommended.

****TOTAL BODY/ TB EXPRESS** Is offered as a **45-minute class** or **30-minute** comprehensive class that trains all your major muscles. *Individuals who find it challenging to stand and balance it is recommended that you meet in the Fitness Center; residents who are comfortable standing and balancing it is recommended that you meet in the Aerobics room.*

WATER BALANCE Gentle water walking and balance exercises in the water.

Wii BOWLING Join us weekly for some fun using the Wii game console that enables you to bowl without any balls or pins.

**** YOGA for Length & Strength** A 1-hour class where participants will improve posture and balance and learn how to safely stretch and strengthen back muscles. The class is on floor with a mat.

****Indicates a class has standing and/or floor work**