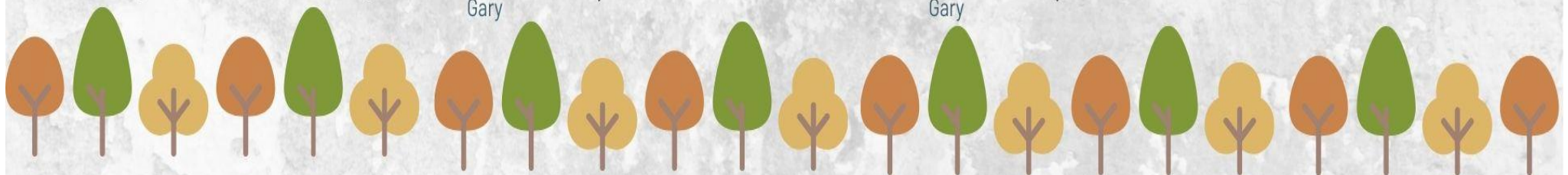


ARCC & Aquatic Center Group Exercise Schedule

Fall 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Group Strength Sheila	Yoga Flow Karen/Jen	Step & Tone Deena	Group Strength Sheila	Step & Tone Deena	Group Strength Jennifer/Beth V.
10:00 am						Yoga Flow Stephanie
10:15 am	Get Fit Beth W.	Dancing to the Oldies Karen	Senior Stretch/Strength Karen/Beth W.	Gentle Yoga Sheila		
11:00 am	Parkinson's Fitness Kaitlin				Parkinson's Fitness Kaitlin	
5:00 pm					Group Strength Alyssa	
5:30 pm	Group Strength Beth V.					
7:00 pm		Tai Chi Gary		Tai Chi Gary		



ARCC Group Exercise Descriptions

Dancing to the Oldies

This low impact but high energy class will have your heart pumping and your body moving. Music of the 60's and 70's, will keep your feet dancing to the beat of the music. Simple movements at an active pace will lift your spirits and improve your mood!

Gentle Yoga

Not designed to be a Yoga Flow or Ashtanga Yoga, yin yoga focuses on gentle but maximum stretching with controlled breathing for optimal flexibility and mobility.



Get Fit

Designed for a less intense workout, but provides all the necessary involvement with strength, aerobics, and stretch. Get Fit includes the use of free weights that are incorporated into an aerobic workout. With the constant flow of the class, time will fly.

Group Strength

Group Strength is a high impact class that combines traditional strength exercises with weight training. This high-rep, result driven workout, produces a total body training session. Add to the class the dynamic and motivational music, it simply is the most fun you'll have while training hard.

Parkinson's Fitness Class

The Parkinson's class is for those living with Parkinson's disease and family members/care givers. This class will include aerobic, strength, balance, multitasking and flexibility for a complete workout.

Step & Tone

A class beneficial to anyone, modifications will be demonstrated for every movement! This class is a combination of high and low intensity movements while incorporating equipment such as hand weights, body bars, bands and ankle weight.



Senior Stretch/Strength

Strength and stretch combined in one class for the senior member needing better flexibility, stability, and stamina. Experience the workout from a modified seated position.

Tai Chi

This class appeals to people who are not looking for overly stressful exercises. Excellent for senior citizens focusing on increased strength, balance and flexibility. This class studies the movements of Tai Chi for exercise. It offers the benefits of physical and mental wellbeing.

Yoga Flow

A class for all ages and fitness levels, with modifications introduced. This class works with yoga poses, alignment techniques, focused breathing and meditative practices.

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