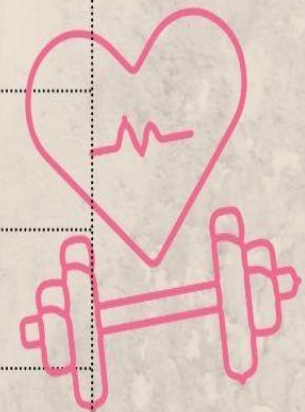


# ARCC Group Exercise Schedule

February 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am					Group Cycling Cheni	
9:00 am	Group Strength Sheila	Yoga Flow Stephanie/Jen/Karen	Step & Tone Deena	Group Strength Sheila	Step & Tone Deena	Group Strength Jennifer/Beth V./Sheila
10:15 am	Dancing to the Oldies Karen	Senior Stretch/Strength Karen	Low Intense Interval Training Beth	Gentle Yoga Sheila		
11:00 am	Parkinson's Fitness Kaitlin					
5:30 pm	Group Strength Alyssa			Group Strength Beth V		
6:00 pm		Hatha Yoga Alyssa	Let's Dance <u>1st &amp; 3rd Wednesday</u> Debi			
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!

## Friday Morning Group Cycling

Fun cardio workout for ALL fitness levels.  
45 minute group cycling class.  
Bike reservations are required. Visit  
<https://www.auroraparksandrec.org/group-cycling>

## 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.

## 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.

## Hatha Yoga

Refining and purifying of the body, mind, and spirit through Sampoorna Yoga of fullness. Including breathing exercises, stretches, and Asana poses. At the end of the class you will feel relaxed, recharged, and happy!

## Let's Dance

Combination of hip hop & Zumba dance moves broken down step by step, quick and easy to follow. A great cardio workout that doesn't feel like working out. Sweat and have fun! A variety of music including new and older rap, hip hop, R & B to disco. All ages welcome-come on "Let's Dance!"

## Low Intensity Interval Training

LIIT (Low Intensity Interval Training). This class is for everyone wanting a good combination of cardio and strength-training at a lower intensity, lower impact level.

## 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.

HEART  
HEALTHY  
MONTH

