

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45 am Strength Training	9:00 - 9:45 am Aqua Kick!	9:00 - 9:45 am Strength Training	9:00 - 9:45 am Aqua Walk and Balance	9:00 - 9:45 am Strength Training
10:00 - 10:45 am Balance and Core	9:45 - 10:45 am WAVES	10:00 - 10:45 am Aqua Balance and Strength	10:00 - 10:45 am Total Body Circuit	10:00 - 10:45 am Aquasize
		11:30 am Indoor Walking Group (Lobby)	10:30 - 11:15 am Stretch and Breathe	11:00 - 11:45 am Chair Exercise
		 <p><i>Pickleball!</i></p>		
11:00 am - 11:45 am Chair Exercise: Cardio	11:00 am - 11:45 am Chair Exercise: Balls and Bands		11:00 am - 11:45 am Chair Exercise: Cardio Weights	
1:30 - 2:30 pm Tai Chi	11:50 - 12:05 pm Just the Core		11:50 - 12:05 pm Just the Core	1:30 - 2:15 pm Better Balance
2:30 - 3:15 pm Renewed Strength	1:30 - 2:15 pm Stretch and Breathe	1:30-2:15pm Pickleball Skills and Drills in the Auditorium (February 6, 13, 20)  February 27 - 1:30-3:00pm Pickleball at Guilford Racquet Club	2:30 - 3:00 pm Top Half Tune Up	2:30 - 3:15 pm Renewed Strength
	2:30 - 3:00 pm Strong Legs	2:30 - 3:15 pm Renewed Strength	3:30 - 4:00 pm Indoor Strength Walk (Lobby)	

## FITNESS NEWS

### February 6th

No Aqua Balance

### February 13th

10:00am in the Auditorium: The VNA will be discussing exercise to prevent falls. They will also be giving an overview of the Steady Steps exercise program, which will be



coming to Evergreen Woods in March.

### February 15th

9:00am in the Clubroom: Smoothies with Anne and Chelsea

### February 28th

2:00pm in the Auditorium: "Fit for Fun". Learn what Genesis has to offer and about the benefits of Vitality and Fitness assessments.

## National Wear Red Day®

Friday, 02/01/19



**Black = Auditorium**  
**Blue = Pool Based**  
**Green = Fitness Room**  
**Red = Pavilion**

## CLASS DESCRIPTIONS

**Aquasize:** This is a moderate aquatic class working the entire body. Workouts include water jogging, stretching and resistance movements. Class in Pool.

**Aqua KICK!:** This aquatic class offers a quick paced workout. Go through a series of movements to really move your arm and legs and get your heart rate up! A great mix of cardiovascular, resistance and balance movements. Class in pool.

**Aqua Balance and Strength:** A gentle aquatic class that allows for more precise and concentrated moves in the water. Dynamic and Static balance moves are combined with light resistance exercises.

**Better Balance:** Good balance requires reliable sensory input from your eyes, ears and proprioceptors (sensors of position and movement) Balance is also dependent on good muscle strength and mobility. This class is designed to challenge these mechanisms to improve your balance using easy to follow seated exercises and standing exercises using a hand rail for support. Class in Auditorium.

**Chair Exercise:** This chair based exercise class works everything from your head to your toes; including stretches, aerobics and strength training. This informal, fun class encourages everyone to work at their own pace. Each day offers a differ-

ent focus: Cardio, weight training, or ball exercises. Walkers, wheelchairs and scooters welcome. Class in auditorium.

**Stretch and Breathe:** A relaxing chair workout that unites mind, body and breath. This class helps strength, flexibility and proper body alignment, circulation, and lung capacity. Class in the pavilion.

**Gentle Yoga:** An introduction to basic yoga poses. Focus will be stretching and coordination to movement, Suitable for people new yoga. Class is in Pavilion.

**Indoor Strength Walk:** This class combines the benefits of walking with the exercises in Strength Training. The indoor walks will include many steps to perform body weight exercises. (Wall push ups, lunges, leg lifts, etc.) Those with rollators and canes need not be shy! There is something for everyone!

**Just the Core:** This quick 15 minute workout will challenge the abdomen muscles. This class is a perfect way to end a chair exercise class. Class is in Auditorium.

**Pickleball Skills and Drills:** Practice skills you will need on the Pickleball court! We will do exercises and drills for balance, agility, hand-eye coordination, and more!

**Strength Training:** This class is designed to build upper and

lower body strength. Free weights and resistance bands will be used. Upper body exercises may be done in a seated or standing position. Lower body exercises are done in a standing position using chair support. Class in Auditorium.

**Strong Legs/Top Half Tune up:** These 30 minute classes focus on one half of the body. Focus on the body parts you really need to strengthen. Classes are in Fitness Room.

**Tai Chi:** Learn Slow, methodical movements that flow together to improve balance, strength, blood flow and range of motion for the joints. Class is in the Reis room.

**Total Body Circuit:** This class is designed for those who like to keep moving! A great mixture of standing and seated exercises, cardio and strength and low to high intensities. The class is in a timed station format, with group core and stretching at the end of class. On Wednesdays this class is in the Fitness Room. On Thursdays it is in the Auditorium.

**WAVES:** Are you interested in aqua classes but worried about your ability to hear or see the instructor clearly? Are you looking to have a more quiet workout at your speed? Contact Anne to schedule a 30 minute one on one water session.

## Meet the Fitness Team

**ANNE HIGGINS**  
Director of Fitness  
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Fitness Specialist  
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*The Evergreen Woods Fitness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life!*

  
**EVERGREEN  
WOODS**

**FEBRUARY 2019**  
FITNESS SCHEDULE