



# Albright College Schumo Center for Fitness & Well-Being Winter Break Group Fitness Schedule



January 2nd - January 24th, 2020

MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
		*****		*****	
<b>Silver Sneakers Classic</b> 9:30 AM <i>Sheri</i>	<b>Fit @ 50 Circuit Training</b> 9:00 AM <i>Brenda</i>	<b>Silver Sneakers Circuit</b> 9:30 AM <i>Sheri</i>	<b>Fit @ 50 Circuit Training</b> 9:00 AM <i>Brenda</i>	*****	
<b>Silver Sneakers Circuit</b> 10:30 AM <i>Sheri</i>	<b>Arthritis Exercise Program</b> 10:00 AM <i>Brenda</i>	<b>Silver Sneakers Classic</b> 10:30 AM <i>Sheri</i>	<b>Line Dancing</b> 10:00 AM <i>Jean</i>	<b>Silver Sneakers Classic</b> 10:30 AM <i>Sheri</i>	
*****	<b>*Total Body Xpress</b> 12:15 PM <i>Alison</i>	<b>Yoga Flow</b> 12:15-1:00 PM <i>Alison</i>	<b>*Total Body Xpress</b> 12:15 PM <i>Alison</i>	<b>Zumba Gold</b> 11:30 AM Joanne	
	*****	<b>*Total Body Xpress</b> 4:30 PM Julia	*****		
<b>Spin + Abs</b> 5:15 PM <i>Julia</i>	<b>Yoga</b> 5:15 PM Yuriko	<b>Spin</b> 5:15 PM <i>Julia</i>	<b>Spin</b> 5:15 PM <i>Donna S.</i>		

**\* 30 minute class**

## Group Fitness Class Description

### Winter Break 2020

**Arthritis Exercise Program**-This class is aimed at reducing pain and stiffness, maintain and improve mobility, muscle strength and functional ability. Arthritis Foundation Exercise Program classes are conducted by trained and certified instructors in partnership with the local Arthritis Foundation Chapter.

**Fit at 50+**- Join in the fun and improve your health with this basic group fitness class that will help enhance your range of motion, improve over-all body strength and pump up the action of the lungs. Exercise intensity is focused for those who have some fitness training experience. The exercises are safe and easy to follow and most of all, fun!

**Line Dancing**- This class will include beginner and intermediate dances to Country, Modern, and Caribbean music. Come out and get some EXERCISE, work on balance, memory, and have FUN too!

**Total Body Xpress (30 mins)** - A total body workout involving hand held free-weights, resistance bands, and balls. This class is power- packed and will leave you feeling challenged and re-charged!

**Silver Sneakers Classic**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is perfect for first-time exercisers, 65+.

**Silver Sneakers Circuit**-This workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

**Spin**- Interval based cycling class that utilizes upper body strength and endurance. Classes are 45 minutes and suitable for all-levels. **(Spin Xpress is 30 minutes)** Space is limited so sign-up in advance at the front desk **NO MORE** than 60 minutes prior to the start of class. If you are a beginner, please arrive early to allow time for bike-set up. **Bring a water bottle!**

**Spin + Abs**- All the excitement of the spin class plus and additional 20 minutes to target your mid-section! 20 minutes doesn't sound like much but give it a try and we will prove differently!

**Yoga Flow** - All-Levels Vinyasa welcomes all students and will flow through poses with a focus on alignment. Modifications are encouraged to allow participants to make each pose their own. This moderate paced class will help build and maintain flexibility, strength, and an awareness of your breath. Whether you are feeling the aches and pains related to stress, studying, working over your computer, or muscle soreness from exercise, this class is sure to help you feel good- mind, body, and soul!

**Zumba Gold**- Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Shake your hips and use muscles you never thought you had! This exciting cardio workout is inspired by the merengue, salsa, and other varieties of Latin dance choreographed to be easy-to- follow but sure to make you sweat!