January 2026 - Fitness Schedule

Monday 7 am - 5 pm	Tuesday 7 am - 7 pm	Wednesday 7 am - 5 pm	Thursday 7 am - 7 pm	Friday 7 am - 5 pm	Saturday 8 am - 1 pm
Hours: Mon, Wed, Fri 7:00 am-5:00 pm Tues, Thurs 7:00 am-7:00 pm Sat: 8:00 am– 1:00pm (910) 947-4483	8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	**Sit and Stretch & Silver and Fit will be live streamed on Microsoft Teams Please see back for more information. ** STREAMED LIVE TODAY	1 SEC CLOSED! Happy New Year!	2 10:00 Circuit Training $2 **11:00 Silver & Fit $2	3
5 9:00 White Crane $2 10:00 Tabata $2 11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	6 10:00 Gentle Yoga $7 11:00 Silver & Fit $2 5:30 CIA $2	7 9:00 White Crane $2 10:00 Tabata $2 **11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	8 9:00 Chair Yoga $7 *NEW* 10:00 Yin Yoga $7 ~~5:30 CIA $2~~	9 10:00 Circuit Training $2 11:00 Silver & Fit $2	10
12 9:00 White Crane $2 10:00 Tabata $2 11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	13 10:00 Gentle Yoga $7 11:00 Silver & Fit $2 5:30 CIA $2	14 9:00 White Crane $2 10:00 Tabata $2 11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	15 9:00 Chair Yoga $7 *NEW* 10:00 Yin Yoga $7 5:30 CIA $2	16 10:00 Circuit Training $2 **11:00 Silver & Fit $2	17 SEC CLOSED!
19 SEC CLOSED! 	20 10:00 Gentle Yoga $7 11:00 Silver & Fit $2 5:30 CIA $2	21 9:00 White Crane $2 10:00 Tabata $2 **11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	22 9:00 Chair Yoga $7 *NEW* 10:00 Yin Yoga $7 5:30 CIA $2	23 10:00 Circuit Training $2 11:00 Silver & Fit $2	24
26 9:00 White Crane $2 10:00 Tabata $2 11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	27 10:00 Gentle Yoga $7 11:00 Silver & Fit $2 5:30 CIA $2	28 9:00 White Crane $2 10:00 Tabata $2 11:00 Sit and Stretch - FREE 2:00 Beijing 24 $2	29 9:00 Chair Yoga $7 *NEW* 10:00 Yin Yoga $7 5:30 CIA $2	30 10:00 Circuit Training $2 **11:00 Silver & Fit $2	31

Group Exercise Classes - Please come & practice with us. We have plenty of equipment & mats.

(CIA) Circuits, Intervals, Abs - *All fitness Levels* **$2 fee. Led by Chris Pevia** a full body workout consisting of aerobic training, strength training and abdominal exercises.

Circuit Training: *Intermediate Level* **$2 fee.**
Led by Chris Pevia. This class is designed for all exercise enthusiast looking to build muscle and burn calories in a fun environment. The class consists of both muscle conditioning and endurance training exercise stations in which participants exercise at each station for an allotted amount of time. Come and join the fun and feel the burn.

Beijing 24 $2 Fee Led by Nancy O'Connell $2 Fee
This simplified form of Tai Chi is composed of 24 postures that is basically a short form of the Yang Style 108 moves that will also give participants an introduction to the essential elements of Tai Chi. This class is a drop-in class but is best suited for participants that has some experience in Tai Chi. Since each class is a continuation of the previous class, this form of Tai Chi requires participants to attend classes on a regular basis.

Cardio Core -$2 Fee
Led By Chris Pevia. A great class for all fitness levels, combining low impact step aerobics with abdominal and lower ack exercises to help strengthen your core. This is class is designed to increase your rate, burn come calories and build a strong core. Great music and great fun, come and join us!

Silver & Fit. *Beginner level.* **$2 fee.**
Led by Chris Pevia. This gentle-on-the-joints class is designed to increase flexibility, balance, muscular strength, and endurance with plenty of friendly fun. This is a chair-based class that will incorporate basic strength and cardiovascular exercises to help build strong hearts and bones, followed by a series of balance and stretch exercises to help increase joint stability.

Sit & Stretch: All Levels. Free. Led by Chris Pevia. Perform gentle stretches while sitting in a chair. These stretches will increase your range of motion and flexibility.

Tabata *Intermediate to Advanced Level* **$2 fee**
Led by Chris Pevia. This class is a moderate to high intensity class. Each class ranges between 7 or 8 rounds of exercises for both endurance and strength conditioning. Each round consists of 8 cycles with each cycle lasting 20 seconds, followed by a 10 second break in between each cycle. This class is designed to increase heart rate and metabolism which in turn burns calories. Come and join the fun! Mostly standing, some mat and ball.

White Crane: $2 fee
Led by Martin Locklear. Participants will have the chance to learn multiple styles of tai chi including an associated practice of Qi Gong in a class setting that is for all fitness levels. This ancient exercise increases balance, coordination, concentration, and increases immunity. This class is tailored for everyone, regardless of Tai Chi experience. Regular attendance is encouraged but not required.

Gentle Yoga. Cost: $2 to the Front Desk and $4 to the Instructor
Led by Karen Poppele. Gentle Yoga offers an all-levels, all-bodies practice that connects breath with gentle movement and different versions of yoga postures to build strength and balance and increase flexibility. Props are available to add comfort, ease and accessibility in poses.
Tuesdays at 10:00 a.m. for 60 minutes

NEW **Yin Yoga: Thursday at 10am** This yoga class, using provided props, involves holding seated or reclined yoga poses anywhere from one to several minutes. The poses focus on the connective tissue of the body—fasciae, tendons, and ligaments—stretching without straining to improve circulation in and flexibility of the joints while fostering stillness in the mind.

Chair Yoga. Cost: $2 to the Front Desk and $4 to the Instructor
Led by Karen Poppele. Chair Yoga is a gentle, slow practice that teaches the fundamentals of yoga poses with an emphasis on alignment, breathing techniques, and relaxation while being seated in a chair and/or using the chair for support in standing poses. This modified approach offers a gentle yet effective style of yoga one can do without getting on the floor while still incorporating breathing and mind-body benefits of a traditional yoga class. **Thursdays at 9:00 a.m. for 50 minutes**

LIVE STREAM: We are offering virtual classes through **Microsoft Teams** to all fitness members of the Senior Enrichment Center. If you are currently a member of the SEC and are interested in participating in these exercise classes, please contact Chris Pevia at **cpevia@moorecountync.gov** to be added to the invitation list. The classes that will be offered virtually each week are **underlined on the fitness calendar.** One class will be offered each week, with that class being a Silver and Fit or Sit and Stretch class. If you are not currently a fitness member, and would like to be, email Chris and he will be glad to help you complete the forms to become a member. **The VIRTUAL classes are FREE and WILL NOT be recorded.**
Hope you will join us!

Membership is obtained thru one on one **ORIENTATIONS** with Fitness Room Coordinator, Chris Pevia. Always call for your Reservation **910-947-4184**. Thanks!

Schedule changes can occur unexpectedly. To check on daily activities, please call before you come!

Voluntary Contributions to the Fitness Program are always welcome! Contributions are kept confidential and go directly to programming. No one is obligated, nor will services be reduced/terminated for lack there of.

get this online at: www.moorecountync.gov - Government; Aging; Senior Center Activities; Quick Links