





December 2023 - 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
Sit and Stretch, Silver and Fit and Chair with Flair will all be streamed LIVE on our You Tube Channel. @seniorcenter8297	8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	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	Schedule changes can occur unexpectedly. <u>To check on daily activities, please call before you come!</u>	1 10:00 Circuit Training \$2 11:00 Silver & Fit \$2	2
4 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	5 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	6 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	7 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	8 10:00 Circuit Training \$2 11:00 Silver & Fit \$2	9
11 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	12 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	13 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	14 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	15 10:00 Circuit Training \$2 11:00 Silver & Fit \$2	16
18 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	19 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	20 9:00 White Crane \$2 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	21 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	22 10:00 Circuit Training \$2 11:00 Silver & Fit \$2	23 CLOSED For Christmas
25 Closed 	26 Closed For Christmas	27 Closed For Christmas	28 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 12:00 Grasshopper Tai Chi \$2 5:30 CIA \$2	29 10:00 Circuit Training \$2 11:00 Silver & Fit \$2	30 Closed 

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

Chair with Flair: *Intermediate Level* \$2 fee Led by Carol Wood.

This is a fast-moving, mostly seated exercise class for those who want to challenge their Silver and Fit Routine. Some sitting, some standing, lots of variety in equipment choices...but always fun.

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

Grasshopper Fee \$2 Fee

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.

Grasshopper Fee \$2 Fee

The Grasshopper group is for beginners and is designed to teach participants the fundamentals of Tai Chi in a more structured environment. Participants will learn a modified form of Yang Style Tai Chi, consisting of a series of slow continuous flowing forms of movement. Each class and its series of movements are done in a relaxed manner with care taken for physical restrictions caused by aging. **Classes meet Tuesdays and Thursdays at 12:00 pm.**

Instructors: Gwen McCarty and Daniel Rodgers.

Retro Beats - \$2 Fee

Go back in time, with Carol Wood, to the days of Grapevines and Mambos in this low impact cardio class guaranteed to raise your heartbeat and your mood! The class will be performed entirely standing with fun music, easy to learn choreography, and an upbeat atmosphere. This class welcomes all levels of fitness and is most suitable for participants seeking a low to moderate intensity class. Let's dance!

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 Carol Wood. 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.

Yoga - 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 and Thursdays at 10:00 a.m. for 60 minutes

Yoga - 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**

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

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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 - Departments; Aging; Fitness Programs