



# Mystic Branch: Active Older Adults

Spring 1 Session: February 27 - April 23, 2017

## MONDAYS

| TIME              | CLASS                | INSTRUCTOR | LOCATION  |
|-------------------|----------------------|------------|-----------|
| 8:00AM - 8:45AM   | Senior Wellness      | Heather    | Mezzanine |
| 8:30AM - 9:30AM   | Aquacise             | Marlynn    | Pool      |
| 8:50AM - 9:35AM   | Senior Wellness      | Lauren     | Mezzanine |
| 9:30AM - 10:30AM  | Senior Water Workout | Marlynn    | Pool      |
| 11:45AM - 12:45PM | Tai Chi              | Onassis    | Mezzanine |
| 4:00PM - 5:00PM   | *Enhance Fitness     | Noreen     | Mezzanine |

## TUESDAYS

| TIME                         | CLASS              | INSTRUCTOR | LOCATION  |
|------------------------------|--------------------|------------|-----------|
| 8:00AM - 9:15AM              | Flow Yoga          | Janice     | Mezzanine |
| 8:30AM - 9:30AM              | Deep Water Workout | Mary       | Pool      |
| 8:30AM - 9:30AM Starting 4/4 | *Enhance Fitness   | Noreen     | Mezzanine |
| 10:30AM - 11:30AM            | Aqua Zumba         | Yolla      | Pool      |
| 5:30PM - 6:30PM              | Aquacise           | Mary       | Pool      |

## WEDNESDAYS

| TIME                       | CLASS                | INSTRUCTOR | LOCATION  |
|----------------------------|----------------------|------------|-----------|
| 8:00AM - 8:45AM            | Senior Wellness      | Heather    | Mezzanine |
| 8:30AM - 9:30AM            | Aquacise             | Marlynn    | Pool      |
| 8:50AM - 9:35AM            | Senior Wellness      | Noreen     | Mezzanine |
| 9:30AM - 10:30AM           | Senior Water Workout | Marlynn    | Pool      |
| 11:45AM - 12:45PM          | Tai Chi              | Onassis    | Mezzanine |
| 4:00PM - 5:00PM Until 3/29 | *Enhance Fitness     | Noreen     | Mezzanine |

## THURSDAYS

| TIME              | CLASS              | INSTRUCTOR | LOCATION           |
|-------------------|--------------------|------------|--------------------|
| 8:05AM - 9:20AM   | Flow Yoga          | Debbie     | Mezzanine          |
| 8:30AM - 9:30AM   | Deep Water Workout | Mary       | Pool               |
| 10:30AM - 11:30AM | Aqua Zumba         | Yolla      | Pool               |
| 10:45AM - 12:00PM | Senior Yoga        | Barbara    | Multi-Purpose Room |
| 5:30PM - 6:30PM   | Aquacise           | Mary       | Pool               |

## FRIDAYS

| TIME             | CLASS                | INSTRUCTOR | LOCATION  |
|------------------|----------------------|------------|-----------|
| 8:00AM - 8:45AM  | Senior Wellness      | Heather    | Mezzanine |
| 8:30AM - 9:30AM  | Aquacise             | Marlynn    | Pool      |
| 8:50AM - 9:35AM  | Senior Wellness      | Noreen     | Mezzanine |
| 9:30AM - 10:30AM | Senior Water Workout | Marlynn    | Pool      |
| 4:00PM - 5:00PM  | *Enhance Fitness     | Noreen     | Mezzanine |

## SATURDAYS

| TIME            | CLASS    | INSTRUCTOR | LOCATION |
|-----------------|----------|------------|----------|
| 8:00AM - 9:00AM | Aquacise | Marlynn    | Pool     |

## SUNDAYS

| TIME              | CLASS             | INSTRUCTOR | LOCATION      |
|-------------------|-------------------|------------|---------------|
| 9:45AM - 11:15AM  | Mindfulness Yoga  | Pamala     | Multi-Purpose |
| 11:30AM - 12:30PM | Guided Meditation | Pamala     | Multi-Purpose |



# Active Older Adults

## Class Descriptions

### On land:

- **\*Enhance Fitness**—A 16 week evidence based class that is designed for individuals who are suffering from arthritis. This is a registered class that is free to members! This class meets three times a week at an hour at a time and requires minimum attendance for 2 days a week. Paperwork and an interview is required in order to register. Please contact the Welcome Center to check availability.
- **Senior Wellness**—Total body conditioning class using a chair for seated and standing support. Focus is on building muscle, strength, range of motion, and the skills required during active daily living.
- **Senior Yoga**—Help improve balance and flexibility, with the aim of increasing overall health benefits.
- **Flow Yoga**—Smoothly connect poses with mindful breathing to create fluid movements.

### In the pool:

- **Aquacise**—Medium to high intensity workout, with light to medium impact. This class will help improve flexibility & mobility, tone & strengthen muscles, and increase stamina and energy level.
- **Aqua Zumba**—Blend it all together into a safe challenging water based workout that's cardio-conditioning, body toning and most of all, exhilarating beyond belief!
- **Deep Water Workout**—Medium intensity deep water exercise class. This class uses a buoyant belt allowing participants to fully utilize the water's resistance. Improves flexibility, strengthens muscles, and increases stamina & energy.
- **Senior Water Workout**—Shallow water choreographed exercise using kick boards and noodles for a total body workout.



**GET FIT  
STAY STRONG  
LIVE HEALTHY**