



Mystic Branch: Active Older Adults

Spring II Session: April 24– June 18, 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
5:30AM - 6:25PM	Flow Yoga	Debbie	Multi-Purpose

TUESDAYS

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

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
5:30PM - 6:30PM	Aquacise	Mary	Pool
5:30AM - 6:30PM	Flow Yoga	Debbie	Multi-Purpose

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**