

Senior Exercise Schedule

EFFECTIVE:
APRIL 1, 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:15–10:00 AM Classic Cardio (Yoga Room) VALERIE</p> <p>9:30–10:30 AM Senior Aquatics NANCY A.</p> <p>10:00–10:55 AM Chair Yoga NANCY W.</p> <p>11:00–11:45 AM Sit-N-Be Fit ANNETTE</p> <p>11:00–12:00 PM WET* KELLI</p> <p>4:20–5:20 PM Restorative Yoga CYNTHIA</p>	<p>9:05–9:55 AM Classic Sculpt (Yoga Room) VALERIE</p> <p>9:30–10:30 AM Water Walking NANCY A.</p> <p>10:00–10:55 AM Gentle Yoga NANCY W.</p> <p>11:00–11:45 AM Sit-N-Be Fit AMY S.</p> <p>4:20–5:20 PM Gentle Yoga TOM</p>	<p>9:15–10:00 AM Classic Cardio (Yoga Room) AMY S.</p> <p>9:30–10:30 AM Senior Aquatics JULIE</p> <p>10:00–10:55 AM Chair Yoga CYNTHIA</p> <p>11:00–11:45 AM Sit-N-Be Fit ANNIE</p> <p>11:00–12:00 PM WET* KELLI</p> <p>11:00–11:55 AM Gentle Yoga TOM</p> <p>5:30–6:25 PM Gentle Yoga PATTY</p>	<p>9:05–9:55 AM Classic Sculpt (Yoga Room) NANCY A.</p> <p>9:30–10:30 AM Water Walking ANNIE</p> <p>10:30–11:00 AM Basic Pilates NANCY A.</p> <p>10:00–10:55 AM Gentle Yoga NANCY W.</p> <p>11:00–12:00 PM Restorative Yoga CYNTHIA</p> <p>11:00–11:45 AM Sit-N-Be Fit NANCY A.</p>	<p>9:15–10:00 AM Classic Cardio (Yoga Room) ANNETTE</p> <p>9:30–10:30 AM Senior Aquatics NANCY A.</p> <p>10:00–10:55 AM Gentle Yoga NANCY W.</p> <p>11:00–12:00 PM Restorative Yoga CYNTHIA</p> <p>11:00–12:00 PM WET* KELLI</p> <p>*FEE CLASS</p>	<p>9:00–9:55 AM Gentle Yoga NANCY W.</p> <p style="text-align: center;">SUNDAY</p> <p>9:30–11:00 AM Tai Chi Chuan JULIE</p> <p>4:00–4:55 PM Gentle Yoga AMY A.</p>

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Due to unforeseen circumstances, a different instructor may be substituted at any time.

Senior Classes

Chair Yoga

A gentle yoga class during which participants utilize a chair to either sit on or stand next to during class.

Classic Cardio

Classic classes are designed to meet the needs of the senior population, postnatal/ prenatal women, or anyone looking for a slower, gentler form of exercise. Improve your cardiovascular fitness and increase your energy using this fun, aerobic format.

Classic Sculpt

Improve your bone density, muscle tone, and strength with this weight-bearing workout. This conditioning class utilizes hand weights, resistance bands, and tubing to create more of a challenge.

Gentle Yoga

Breathing awareness, stretching, strengthening, and relaxation designed for seniors, people recovering from injury, or anyone preferring a slower pace.

Sit-N-Be Fit

A class designed for participants who choose the assistance of a chair during their workout. This class works on cardiovascular fitness, strength, and flexibility.

Senior Aquatics

A 60-minute, low-impact class targeting cardiovascular fitness, endurance, strength, and flexibility. Offered at both beginning and intermediate levels.

Tai Chi Chuan

Promotes health, stamina, body awareness, balance, and self-defense. Students will learn fast Tai Chi, Tuishou (push hands) and DaLu (four corners).

Water Walking

A low-impact aqua class that increases flexibility, balance, and muscle coordination. Participants must be able to walk independently on land for 15 minutes.

WET (Water Exercise Training)

This 12-week water exercise training program is individualized by a experienced water exercise instructor to meet your specific goals. Classes meet in the heated therapy pool, perfect for loosening stiff joints and tight muscles.

Therapy Pool

The therapy pool is heated year-round. Classes that take place in this pool are geared toward therapy and strength training programs.

Basic Pilates

Learn the principles and basics of Pilates core training. Ideal for beginners.

Chico Sports Club
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www.ChicoSportsClub.com