



# FEBRUARY 2019

Mon-Thu 6am-8pm  
 Fri 6am-7pm  
 Sat 7am-2pm



**Fitness Center**  
 828-894-0277

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 <p><b>February is Heart Healthy Month ...</b>  <b>Make changes to your fitness routine...</b>  <b>Do something healthy for YOU and YOUR HEART!!!</b></p>					1 9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers®	2
3	4	5	6	7	8	9
	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers® 5:45 Body Core & More	8:30 YOGA 10:00 SilverSneakers® 5:30 Tone It Up	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 Seniors YOGA 5:45 Body Core & More	10:00 SilverSneakers® 5:30 Tone It Up	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers®	
10	11	12	13	14	15	16
	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers® 5:45 Body Core & More	8:30 YOGA 10:00 SilverSneakers® 5:30 Tone It Up	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 Seniors YOGA 5:45 Body Core & More	♥♥♥♥♥ 10:00 SilverSneakers® 5:30 Tone It Up Happy Valentine's Day	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers®	
17	18	19	20	21	22	23
	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers® 5:45 Body Core & More	NO YOGA 10:00 SilverSneakers® 5:30 Tone It Up	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 Seniors YOGA 5:45 Body Core & More	10:00 SilverSneakers® 5:30 Tone It Up	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers®	
24	25	26	27	28		
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# ***Class Information*** *All classes require a minimum of 3 participants.*

<b>Class</b>	<b>Days</b>	<b>Times</b>	<b>Description</b>
<b>Use It or Lose It - 50 minutes</b> with Nancy with Nancy	<b>Mon/Wed/Fri</b> <b>Mon/Wed/Fri</b>	<b>9:00 AM</b> <b>10:00 AM</b>	Challenges participants to improve strength, endurance, balance, and coordination with just enough dance, music, and fun to add pep and energy to your day! <b>9:00 am:</b> higher intensity, includes floor work <b>10:00 am:</b> lower intensity, standing & seated ball routines
<b>SilverSneakers® - 50 minutes</b> with Di with Rogelio with Rogelio	<b>Mon/Wed/Fri</b> <b>Mon/Fri</b> <b>Tues/Thurs</b>	<b>2:00 PM</b> <b>3:00 PM</b> <b>10:00 AM</b>	Muscular Strength & Range of Movement is the <b>SilverSneakers®</b> core class for total body conditioning. The instructor guides you through functional, daily exercise activities with resistance tools to be used at your own pace. This class helps improve overall strength, flexibility, posture and balance. This class can be done seated.
<b>Tone It Up - 60 minutes</b> with Di	<b>Tues/Thurs</b>	<b>5:30 PM</b>	This class is HIGH energy and loads of fun! Tone It Up will challenge participants to tone-up and strengthen muscles with a complete body workout. The fast pace will also add the cardio element for burning calories! Join in for a great <i>end of the day ENERGY BOOST!</i>
<b>YOGA - 60 minutes</b> with Shannon	<b>Tuesdays</b>	<b>8:30 AM</b>	Yoga focuses on full body flexibility and deep breathing. An excellent class for everyone...and a great stress reliever too! Class participants work primarily on a mat on the floor. Sometimes the schedule varies; please check calendar.
<b>Seniors Yoga - 50 minutes</b> with Rogelio	<b>Wed</b>	<b>3:00 PM</b>	Wednesdays at 3:00 is Seniors Yoga designed to increase flexibility, balance and range of movement, as well as, promote stress reduction and mental clarity. This class is done seated in a chair.
<b>Body Core &amp; More - 60 minutes</b> with Yvonne	<b>Mon/Wed</b>	<b>5:45 PM</b>	This core strengthening class is dedicated to developing a strong functional core with a focus on the abs, gluts and lats – the three pillars of Core Strength. Full-body, fat burning movements are incorporated that will help develop better balance and athleticism.

***Try something New...attend an exercise class!***