

March 2019




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



Fitness Center

828-894-0277

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>March is Colorectal Cancer Awareness Month : <i>Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups and is most common in people age 50 and older. The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Studies have shown that physical activity may help reduce the risk of colorectal cancer.</i></p>					1	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
Daylight Savings Time Begins	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 NO CLASS	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®	
17	18	19	20	21	22	23
St. Patrick's Day 	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers® NO CLASS	8:30 YOGA 10:00 SilverSneakers® 5:30 Tone It Up	SPRING BEGINS 9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 Seniors YOGA NO CLASS	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	29	30
31	9:00 Use It or Lose It 10:00 Use It or Lose It 2:00 SilverSneakers® 3:00 SilverSneakers® NO CLASS	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®	

Class Information *All classes require a minimum of 3 participants.*

Class	Days	Times	Description
Use It or Lose It - 50 minutes with Nancy with Nancy	Mon/Wed/Fri Mon/Wed/Fri	9:00 AM 10:00 AM	Challenges participants to improve strength, endurance, balance, and coordination with just enough dance, music, and fun to add pep and energy to your day! 9:00 am: higher intensity, includes floor work 10:00 am: lower intensity, standing & seated ball routines
SilverSneakers® - 50 minutes with Di with Rogelio with Rogelio	Mon/Wed/Fri Mon/Fri Tues/Thurs	2:00 PM 3:00 PM 10:00 AM	Muscular Strength & Range of Movement is the SilverSneakers® 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.
Tone It Up - 60 minutes with Di	Tues/Thurs	5:30 PM	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>
YOGA - 60 minutes with Shannon	Tuesdays	8:30 AM	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.
Seniors Yoga - 50 minutes with Rogelio	Wed	3:00 PM	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.
Body Core & More - 60 minutes with Deb/Yvonne	Mon/Wed	5:45 PM	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!