



Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Resident led exercise (video) 9:00 AM – 9:30 AM GR - L1</p> <p>TRX Express 9:00 AM – 9:30 AM LS-L2 & L3</p> <p>TRX Express (overflow class) 9:30 AM – 10:00 AM LS-L2 & L3</p> <p>Yoga with Suzanne 10:00 AM – 11:00 AM GR - L2 & L3</p> <p>Cardio Dance-Fit 10:00 AM – 11:00 AM SP-L2 & L3</p> <p>Aqua Fitness 101 2:00 PM – 3:00 PM FC-L1-L2</p> <p>Level 1 Fitness 2:00 PM – 2:30 PM DP-L1</p> <p>Tai Chi with Eric 3:15 PM – 4:00 PM GR - L2 & L3</p> <p>“Lifting with Liz” 4:15 PM – 5:15 PM SP - L2 & L3</p>	<p>Tai Chi with Emily (resident led) 9:00 AM - 10:00 AM SP - L2 & L3</p> <p>Hydro Fit III 9:30 AM – 10:15 AM FC-L3</p> <p>F.A.B. Class w/Stephanie 9:30 AM -10:15 AM GR-L2 & L3</p> <p>Rock Steady Boxing For Parkinson’s 9:30 AM -10:30 AM CH-L1 <i>(Designed for residents living with PD or PD-like symptoms)</i></p> <p>Young at Heart 10:30 AM -11:00 AM DP - L1</p> <p>Aqua Fitness II 2:00 PM – 3:00 PM FC - L2 & L3</p> <p>C.O.R.E. (back to basics) 3:00 PM – 3:45 PM SP - L2 & L3</p>	<p>Resident led exercise (video) 9:00 AM – 9:30 AM GR - L1</p> <p>TRX Express 9:00 AM – 9:30 AM LS-L2 & L3</p> <p>TRX Express (overflow class) 9:30 AM – 10:00 AM LS-L2 & L3</p> <p>Yoga with Suzanne 10:00 AM – 11:00 AM GR- L2 & L3</p> <p>Cardio Dance-Fit 10:00 AM – 11:00 AM SP-L2 & L3</p> <p>Groove 11:15 AM – 12:15 PM SP-All levels</p> <p>Tabata 2:30 PM – 3:15 PM LS - L2 & L3</p> <p>Tai Chi with Eric 3:15 PM – 4:00 PM GR - L2 & L3</p>	<p>Tai Chi with Emily (resident led) 9:00 AM - 10:00 AM SP - L2 & L3</p> <p>Hydro Fit III 9:30 AM – 10:15 AM FC-L3</p> <p>F.A.B. Class w/Michael 9:30 AM -10:15 AM GR-L2 & L3</p> <p>Rock Steady Boxing For Parkinson’s 9:30 AM -10:30 AM CH-L1 <i>(Designed for residents living with PD or PD-like symptoms)</i></p> <p>Ageless Grace 10:00 AM – 10:30 AM DP - L1</p> <p>“Lifting with Liz” 10:30 AM – 11:30 AM SP - L2 & L3</p> <p>Aqua Fitness II 2:00 PM – 3:00 PM FC - L2 & L3</p> <p>C.O.R.E. (back to basics) 3:00 PM – 3:45 PM SP - L2 & L3</p>	<p>Resident led exercise (video) 8:00 AM – 8:30 AM GR - L1</p> <p>Yoga 9:00 AM – 10:00 AM GR - L2 & L3</p> <p>Cardio Dance-Fit 10:00 AM – 11:00 AM SP-L2 & L3</p> <p>Groove 11:15 AM – 12:00 PM SP-All levels</p> <p>TRX Express 12:00 PM – 12:30 PM LS-L2 & L3</p> <p>TRX Express (overflow class) 12:30 PM – 1:00 PM LS-L2 & L3</p> <p>Aqua Fitness 101 2:00 PM – 3:00 PM FC-L1-L2</p>
<p>CLASS LOCATION KEY</p> <p>GR = Gathering Room (FC) LS= Lakeside Studio (FC) SP = Sullivan Park DP= Deacon Pointe (dining room) CH = May-Foley Chapel</p>	<p>Fitness Center/Pool hours: Open daily from 4AM to 9PM.</p>	<p>FITNESS CLASS LEVELS</p> <p>L1 = (novice) L2 = (intermediate) L3 = (advanced)</p>		<p>Saturday</p> <p>Chair Yoga with Lisa 9AM – 10:00AM FC - L1</p> <p>Yoga with Lisa 10AM – 11:00AM FC - L2 & L3</p> <p>WOW (Workout of the Week) 11:15 AM -12:00PM FC-L2 & L3</p>

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FITNESS CLASS DESCRIPTIONS

Ageless Grace— A fun class with unique exercises, based on everyday movements that are natural and organic. The focus is on the healthy longevity of the body and mind. Set to music! Level 1 & 2

Aqua Fitness 101- This non-impact and low-intensity class is designed to increase flexibility, strength and balance in the pool. If you suffer from joint pain, fibromyalgia, muscle pain or recovering from an injury (see your healthcare provider) this may be the class for you! Low ambulation. Level 1 & 2

Aqua Fitness II- This is a moderate intensity water fitness class. This class is designed to use water weights and creative exercises to challenge the participant while slightly elevating the heart rate. Level 2 & 3

Cardio Dance-Fit - CDF is a Latin dance -inspired fitness program that involves dance and aerobic elements. Similar to Zumba, the choreography incorporates soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Level 2 & 3

Chair YOGA— a great way to practice yoga without having to get up and down off the floor. Level 1 & 2

C.O.R.E. - (Corrective Optimal Resistance Exercise). This floor class is designed to target those core muscles that help stabilize the spine. By training the core, we minimize musculoskeletal imbalances that lead to postural deviations and pain. This class will challenge muscle endurance and stamina. If you like Yoga or Pilates, you will love C.O.R.E. *Note: this class requires the ability to get up and down off the floor is designed as an **introduction to core training and postural awareness**. Please bring a large towel for your safety and comfort – mats provided.* Level 2

F.A.B. Class- (Flexibility and Balance) - FAB is a class designed to reduce the likelihood of a fall and increase flexibility. This class will improve both dynamic & static balance. In addition, this is a full-body resistance workout that requires no special equipment. Resistance bands will be provided. Level 2 & 3

Groove is a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way. While exploring a variety of styles and genres, we encourage you to enjoy and feel good in your body, every step along the way. You'll experience everything from slow delicious meditative grooves, to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, heart and soul. All Levels

Hydro Fit III- This is a challenging water workout requiring ambulation that includes relays across the pool. Relays include: running, jumping, and other full body motions. This class will challenge your whole body with water weights and resistance bands while increasing your heart rate for a true full-body and cardiovascular workout every time! Level 3

Level 1 Fitness: Seated or standing there are options for all fitness levels! Exercises will include: strength, balance, flexibility, and lower body function and stability. The class is held in Deacon Pointe; however, it is open to all Twin Lakes Residents. Come join the fun! Level 1

"Lifting with Liz - This resistive training program is based on the *Strong Women, Stay Young* program designed by Dr. Miriam Nelson. The program requires the use of ankle weights, resistance tubing and light hand held weights in a series of exercises meant to work the major muscles groups. It is a fun workout anyone can do! Strong people, stay young! ~Liz Bailey, Instructor. Level 2 & 3

Resident Led Exercise Class (video)- This is a resident led non-ambulatory exercise class designed to increase blood flow and flexibility. It's an excellent way to get the day started by providing thorough stretching while standing or seated. There is no requirement to get on the floor or to get your heart rate elevated. This limits no one to exercise. Level 1

Rock Steady Boxing for Parkinson's – Enables people living with Parkinson's disease to fight their disease by providing non-contact boxing-style fitness that improves their quality-of-life and self-worth. This intense exercise program has been shown to delay the progression of symptoms of the disease. Level 1

"TABATA"- Tabata is a form of full-body exercise involving short bursts of high intensity training with short intervals of rest. 40 minutes (total) is all you need! Proven to achieve greater results than one hour steady-state exercise, calories are burned for up to 12 hours post-exercise. The class is time efficient, exhilarating, and most of all...FUN!! Level 3

Tai Chi- Come learn the ancient art of Tai Chi. This Ancient Chinese form of exercise is designed to provide relaxation in the process of body conditioning, which it accomplishes partly by harmonizing the principles of yin-yang. It employs flowing, deliberate movements with carefully prescribed stances and positions. All Levels

TRX Express-TRX (Total-body Resistance Exercise) is a **form of suspension training that uses body weight exercises** to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Please schedule a complimentary appointment with the fitness department, if you are a beginner. Level 2&3

WOW (Workout of the Week): a full-body, strength training and cardio circuit. It incorporates all types of resistance exercise such as: dumbbells, resistance bands, calisthenics (body weight exercises) coupled with short intervals of high intensity interval cardio (HIIT). Level 2 & 3

YOGA - Yoga has proven to increase strength while increasing flexibility. 3 different styles are offered based on instructor. Levels 2 & 3

Young at Heart (YAH) - Young at Heart is a chance to move to some fun music, with super simple choreography, all while seated! It's great for cardio and flexibility, and guaranteed to lift your spirits! Level 1