



ACAA FITNESS

DROP-IN CLASSES (INCLUDED WITH MEMBERSHIP)

TOTAL FITNESS

Ages 50 & older

Get totally fit with a warm-up, low impact cardiovascular aerobics, strength training and cool-down stretching and flexibility exercises.

- Mon./Tue./Thu./Fri., 9-10 a.m.

MAT YOGA

Ages 50 & older

Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation and mindfulness meditation.

- Mon., 11 a.m.-noon

ZUMBA

Ages 50 & older

Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

- Tue., 10-11 a.m.

SILVERSNEAKERS CHAIR YOGA

Ages 50 & older

Very gentle and basic yoga postures and stretches are done standing and sitting. No movements or poses are done on the floor.

- Mon., 10:15 - 11:15 a.m.

SILVERSNEAKERS CLASSIC

Ages 50 & older

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

- Mon., 11:30 a.m.-12:30 p.m.
- Wed., 10-11 a.m.

SILVERSNEAKERS CIRCUIT

Ages 50 & older

Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands and, a SilverSneakers ball and chair are used.

- Thu., 11:15 a.m.-12:15 p.m.
- Fri., 11 a.m.- noon

SILVERSNEAKERS STABILITY

Ages 50 & older

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

- Tue., 11:15 a.m.-12:15 p.m.

POP AND ZUMBA*Ages 50 & older*

Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

- Thu., 10-11 a.m.

STRENGTH TRAINING*Ages 50 & older*

This class is a full body workout using weights, bands and exercise balls. This class will increase your strength and balance through a variety of challenging exercises.

- Mon./Wed./Fri. 7:30-8:30 a.m.

STRENGTH, STRETCH AND BALANCE*Ages 50 & older*

This adaptation uses bands and exercise balls to help strengthen and stretch your body. This class is a great mix-up of yoga and a traditional fitness class.

- Wed., 11 a.m.-noon

GLOBAL DANCE BEATS*Ages 50 & older*

An upbeat cardio experience combining dance and drumming with squats and lunges targeting inner, outer, butt, core and more!

- Fri., 11 a.m.-noon

**WEIGHT ROOM ORIENTATIONS
(BY APPOINTMENT ONLY)***Ages 50 & older*

Complimentary one-hour orientation to the weight room and cardio equipment.

- Mon. & Wed., 9:30-10:30 a.m.

LINE DANCE**INTRODUCTION TO LINE DANCE**

In this eight-week class, you will learn the basic steps of line dance and use them in some easy dances. No previous experiences needed.

54026 Sept. 1-Oct. 20

- Thu., 10:45-11:45 a.m.
- \$?? (\$?? Resident)

NEXT STEP IN LINE DANCE

If you've learned the basic steps in line dance but now want to take it to the next step further, this is the class for you! In this class you'll learn some additional steps that are a bit more advanced as well as some new dance rhythms.

54025 Oct 27-Nov 17

- Thu., 10:45-11:45 a.m.
- \$?? (\$?? Resident)

**"COME DANCE WITH ME"
MINI-WORKSHOP**

Come out and enjoy an afternoon of line dancing! There will be two separate dance rooms available to accommodate beginners and more advanced dancers. Instructors will be ACAAs own Laura Bandstra and special guest instructor Betty Moses from Colorado Springs. Light refreshments will be provided. Space is limited, registration required!

52052 Oct. 22

- Sat., noon-3 p.m.
- \$15 per person

