



Bartlett Senior Center
Group Fitness Schedule
www.cityofbartlett.org/seniorcenter



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:15 AM	Get Movin' Monday Debbie	Yoga Debbie	Zumba Gold Brandy	Yoga Debbie	Zumba Brandy
9:30 AM	AM Stretch Debbie		AM Stretch Brandy		AM Stretch Brandy
10:00 AM		Line Dance Cathy		Line Dance Ray or Cathy	
12:00 PM				Ballroom Dave	
1:30 PM		Tai Chi Richard		Tai Chi Richard	
2:30 PM	Yoga David		Yoga David		

Get Movin' Monday - Get a balanced variety of exercise with our new class. This class incorporates a bit of strength training, some balance and core work, easy dance and lots of laughter. Beginners welcome.

Zumba Gold® - For active older adults looking for a modified Zumba® class at a lower-intensity. The class has easy-to-follow moves that focus on balance, range of motion and coordination.

Zumba® - Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining cardio and muscle conditioning for balance and flexibility.

Yoga - Move through yoga postures to develop strength, endurance, correct body alignment, flexibility and relaxation. Participants improve circulation, coordination and balance. Participants are encouraged to wear comfortable clothing, hydrate prior to class and bring a yoga mat.

AM Stretch - Designed for older adults, AM Stretch leads you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, strength, and balance. Part of the class is dedicated to cardio exercises.

Line Dance - Our line dance lessons offer a great cardio workout while learning the latest line dance steps.

Ballroom Dance - Get a great cardio workout while learning ballroom dances, including the Foxtrot, ChaCha, Waltz, East Coast Swing, Tango, and much more. Beginners welcome.

Tai Chi - This is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It has proven to benefit those with arthritis and improves balance.

All classes listed above are included with a Premium Membership OR are \$3 per class per person for those with a Basic Annual Membership. Ask us about our \$19/month Premium Membership.

****Please note that all classes are by appointment only, and space is limited in each class.
To make an appointment, please call 385-6439.***