



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	Cardio Flow Jessica	Yoga Debbie	Zumba Gold Marisa	Yoga Debbie	Club Cardio Brittany
9:30 AM	Stretch Flow Jessica		AM Stretch Debbie		
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	
2:15 PM	Yoga David		Yoga David		

Cardio Flow - Get a balanced variety of cardio exercise with this class. This class includes strength training, core work and cardio moves that get your heart pumping.

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

Club Cardio - Get a balanced, full body workout. 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. 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.

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 \$4 per class per person for those with a Basic Annual Membership. Ask us about our \$21/month Premium Membership.

****Please note space is limited in each class, and is available on a first come, first served basis.
For more information, please call 385-6439.***