



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	Club Cardio Kat	Yoga Debbie	Club Cardio Brittany
9:30 AM	AM Stretch Debbie		AM Stretch Kat		AM Stretch Kat
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		

Get Movin' Monday - Kick your week off and get a balanced variety of exercise in this class. This class incorporates a bit of strength training, some balance and core work, easy dance and lots of laughter. Beginners welcome.

Club Cardio - Spend the morning having fun and getting loose with Club Cardio! This class offers a mix of low and high intensity, easy-to-follow dance moves to help you burn calories. This is a total body workout combining cardio with 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.

****All classes, except Ballroom, require a reservation in advance, and space is limited in each class.
To make a reservation, please call 385-6439.***