


Chillicothe Fitness & Racquet Club Activity Calendar

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:30am: <u>Stretch & Core Class</u> Misty/Multipurpose Room</p> <p>10:00am: <u>Senior Circuit –</u> Misty/Multipurpose Room</p> <p>5:30pm: <u>30 Min Strength & Core</u> <u>Circuit</u> Rosey</p> <p>6:00pm: <u>AMRAP</u> Christopher/Multifitness room</p> <p>7:00pm: <u>SPIN</u> Christopher/SPIN room</p> <p><u>ZUMBA</u> Bev/Yoga Studio</p>	<p>9:00am: <u>Functional Fitness with Greg</u></p> <p>7:00pm: <u>Mix Level Yoga</u> Nancy/Yoga Studio</p> <p><u>Pilates</u> Bev/Multipurpose Room</p>	<p>6:30am: <u>HIIT</u> Misty/Multipurpose Room</p> <p>9:00am: <u>ZUMBA Gold</u> Mary/Multipurpose Room</p> <p>10:00pm: <u>SilverSneakers Classic</u> Misty/Multipurpose Room</p> <p>7:00pm: <u>ZUMBA – Blacklight!</u> Bev/Yoga Studio</p>	<p>9:00am: <u>Functional Fitness with Greg</u></p> <p>1:00pm: <u>SilverSneakers Yoga</u> Rosey/Multipurpose Room</p> <p>5:30pm: <u>30 Min Strength & Core</u> <u>Circuit</u> Rosey</p> <p>7:00pm: <u>Pilates</u> Bev/Yoga Studio</p> <p>7:45pm: <u>Tennis Clinic</u> (Aaron) – Mix Level Adult <i>Clinics are fee based</i></p>	<p>6:30am: <u>HIIT</u> Misty/Multipurpose Room NO CLASS 12/8</p> <p>9:00am: <u>ZUMBA Gold</u> Mary/Multipurpose Room NO CLASS 12/1, 12/8 & 12/15</p> <p>10:00am: <u>SilverSneakers Classic</u> Misty/Multipurpose Room NO CLASS 12/8</p>	<p>9:00am: <u>ZUMBA</u> Bev or Patty/Multipurpose Room</p> <p>9:30am: <u>Mix Level Yoga</u> Nancy/Yoga Studio</p>  <p>9:00am – 11:00am OPEN PICKLEBALL PLAY! Free for all members \$5 fee for nonmembers.</p>

Guest pass for our group fitness classes for nonmembers is now only \$5
(this does not include tennis clinics)

- FREE Learn to Play Racquetball! December 14th (Thursday) @ 6pm. Equipment is provided.
- ZUMBA Christmas Party! December 18th (Monday)
- Tai Chi will resume on January 11th @ 5pm

HOLIDAY HOURS:

Christmas Eve: 10am – 4pm New Year's Eve: 10am – 4pm
 Christmas day: CLOSED New Year's Day: 8am – 4pm

GROUP FITNESS CLASS DESCRIPTIONS

AMRAP: As Many Repetitions as Possible (in a minute!) This class will challenge any fitness level! How many pushups can you do in a minute? What about squats? This is a calorie scorching workout that will push you to your limits!

HIIT (High Intensity Interval Training): A series of chosen exercises using weights, kettlebells, medicine balls, floor and mat work will be used to target certain muscle groups at a high intensity level to burn as many calories as we can while building strength and endurance. Each exercise will be timed (30 - 45 seconds) so each person can work out at their own 'speed'! No class is complete without planks and stretching at the end for core strength and flexibility.

Pilates: Emphasizes balanced development of the body through core strength, flexibility and awareness that supports efficient, graceful movement.

Senior Circuit: A good mix of cardio and strength exercises that allow you to work at your own pace. All ages and fitness levels are welcome.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a light weight ball are offered for resistance; a chair is used for seated and/or standing support.

SilverSneakers Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

STRONG by Zumba: A High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. There are movements inspired by dance but these are limited compared to a Zumba® class, so it's perfect for those not comfortable in a full-out dance class.

Yoga: Mixed levels. This class is a flowing style of yoga which links breath and movement to increase strength & flexibility as well as calm the mind and nurture the spirit. This powerful and vigorous yoga practice, purifies and realigns the body, cultivating a feeling of inner peace.

Zumba: Routines feature interval and resistance training. Add some Latin flavor and international zest into the mix and you've got Zumba! Achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

ZUMBA® GOLD: Based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

Tai Chi: This class is 1 hour long and open to individuals of all ages and fitness levels. Participants will learn Eight-Form Tai Chi which is a sequence of slow, low-impact movements that flow smoothly from one to another and are designed to:

- Improve functional ability (balance and physical function) - Enhance social and mental well-being - Improve confidence in conducting daily exercises
- Reduce fall-related risks and injuries - Maintain independence and improved quality of life

You can join the class at any time and come as often as you like. Participants should wear comfortable clothing and flat shoes.

Chillicothe Fitness & Racquet Club



December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOLIDAY HOURS:					1	2
Christmas Eve: 10am – 4pm		New Year's Eve: 10am – 4pm		NO ZUMBA GOLD		
Christmas day: CLOSED		New Year's Day: 8am – 4pm		10am SS Classic		
3	4	5	6	7	8	9
	10am Senior Circuit		9am Zumba Gold 10am SS Classic	1pm SS Yoga	NO ZUMBA GOLD NO SS CLASSIC	
10	11	12	13	14	15	16
	10am Senior Circuit		9am Zumba Gold 10am SS Classic	1pm SS Yoga	NO ZUMBA GOLD 10am SS Classic	
17	18	19	20	21	22	23
	10am Senior Circuit		9am Zumba Gold 10am SS Classic	1pm SS Yoga	9am Zumba Gold 10am SS Classic	
24/31	25	26	27	28	29	30
Christmas Eve & New Year's Eve Hours: 10am – 4pm	MERRY CHRISTMAS! <i>Club is closed today</i>		9am Zumba Gold 10am SS Classic	1pm SS Yoga		

- Guest pass for our group fitness classes for nonmembers is now only \$5
- Tai Chi will resume on January 11th @ 5pm