

Chillicothe Fitness & Racquet Club Activity Calendar

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:30am: Stretch & Core Class Misty/Multipurpose Room</p> <p>9:00am: Functional Fitness with Greg</p> <p>10:00am: Senior Circuit – Misty/Multipurpose Room</p> <p>6:00pm: AMRAP Christopher/Multifitness room NO CLASS AUGUST 7 & 14th</p> <p>7:00pm: SPIN Christopher/SPIN room NO CLASS AUGUST 7 & 14th</p> <p>ZUMBA Bev/Yoga Studio</p>	<p>9:00am: Functional Fitness with Greg</p> <p>11:00am: SilverSneakers Yoga Rosey/Multipurpose Room</p> <p>5:30pm: 30 Min Lower Body Blast Rosey</p> <p>7:00pm: Mix Level Yoga Nancy/Yoga Studio</p> <p>Pilates Bev/Multipurpose Room</p>	<p>6:30am: HIIT Misty/Multipurpose Room</p> <p>9:00am: Functional Fitness with Greg</p> <p>9:00am: ZUMBA Gold Mary/Multipurpose Room</p> <p>10:00am: SilverSneakers Classic Misty/Multipurpose Room</p> <p>12:00pm: Circuit Toning Misty</p> <p>7:00pm: ZUMBA – Blacklight! Bev/Yoga Studio</p>	<p>9:00am: Functional Fitness with Greg</p> <p>5:30pm: 30 Min Upper Body Blast Rosey</p> <p>7:00pm: Pilates Bev/Yoga Studio</p> <p>7:45pm: Tennis Clinic (Aaron) – Mix Level Adult <i>Clinics are fee based</i></p>	<p>6:30am: HIIT Misty/Multipurpose Room NO CLASS AUGUST 18th</p> <p>9:00am: ZUMBA Gold Mary/Multipurpose Room</p> <p>10:00am: SilverSneakers Classic Misty/Multipurpose Room</p>	<p>9:00am: ZUMBA Bev or Patty/Multipurpose Room</p> <p>9:30am: Mix Level Yoga Nancy/Yoga Studio</p>  <p>9:00am – 11:00am OPEN PICKLEBALL PLAY! Free for all members \$5 fee for nonmembers.</p>

➤ **Check out 2 new 30 minute classes starting this month:**

Tuesdays @ 5:30pm -

30 Min. Lower Body Blast: Strength exercises that focus on the legs, hips, glutes and abs.

Thursdays @ 5:30pm -

30 Min. Upper Body Blast: Strength exercises that focus on the arms, shoulders, chest and back.

➤ **Tai Chi will be starting back September 7th (Thursday) @ 5pm.** This class is offered free to everyone in our community.

➤ **Summer Tennis Mixer! August 11th (Friday) from 5pm – 8pm.** Sign up at the front desk.

➤ **Learn to Play Racquetball! Free for members and nonmembers! August 14th (Monday) @ 7:30pm**

GROUP FITNESS CLASS DESCRIPTIONS

30 min. Lower Body Blast: Strength exercises that focus on the legs, hips, glutes and abs

30 min. Upper Body Blast: Strength exercises that focus on the arms, shoulders, chest and back.

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.

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AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11am SS Yoga	2 9am Zumba Gold 10am SS Classic	3	4 9am Zumba Gold 10am SS Classic	5
6	7 10am Senior Circuit	8 11am SS Yoga	9 9am Zumba Gold 10am SS Classic	10	11 9am Zumba Gold 10am SS Classic	12
13	14 10am Senior Circuit	15 11am SS Yoga	16 9am Zumba Gold 10am SS Classic	17	18 9am Zumba Gold 10am SS Classic	19
20	21 10am Senior Circuit	22 11am SS Yoga	23 9am Zumba Gold 10am SS Classic	24	25 9am Zumba Gold 10am SS Classic	26
27	28 10am Senior Circuit	29 11am SS Yoga	30 9am Zumba Gold 10am SS Classic	31		

EVENTS

Senior Cookout and Ice Cream Social!

**Friday August 11th
11am – 1pm**

Sign up at the front desk if you plan to attend.

You can bring your favorite ice cream topping to share or a covered dish.

Bring a friend to share the fun!

**Ross County Fair
August 5 – 12th**

**Thursday August 10th is Senior Citizen Day!
Everyone 62 & over gets in free all day!**