


# Chillicothe Fitness & Racquet Club Activity Calendar

# JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:30am: <u>Stretch &amp; Core Class</u> Misty/Multipurpose Room NO CLASS JULY 10<sup>TH</sup></p> <p>9:00am: <u>Functional Fitness with Greg</u> NO CLASS JULY 17<sup>TH</sup></p> <p>10:00am: <u>Senior Circuit –</u> Misty/Multipurpose Room</p> <p>6:00pm: <u>AMRAP</u> Christopher/Multifitness room NO CLASS JULY 3<sup>rd</sup></p> <p>7:00pm: <u>SPIN</u> Christopher/SPIN room NO CLASS JULY 3<sup>RD</sup></p> <p><u>ZUMBA</u> Bev/Yoga Studio</p>	<p>9:00am: <u>Functional Fitness with Greg</u></p> <p>11:00am: <u>SilverSneakers Yoga</u> Rosey/Multipurpose Room</p> <p>7:00pm: <u>Mix Level Yoga</u> Nancy/Yoga Studio</p> <p><u>Pilates</u> Bev/Multipurpose Room</p> <p>4<sup>th</sup> of July hours 8am – 4pm No classes on the 4<sup>th</sup></p>	<p>6:30am: <u>HIIT</u> Misty/Multipurpose Room NO CLASS JULY 12<sup>TH</sup></p> <p>9:00am: <u>Functional Fitness with Greg</u></p> <p>9:00am: <u>ZUMBA Gold</u> Mary/Multipurpose Room</p> <p>10:00am: <u>SilverSneakers Classic</u> Misty/Multipurpose Room NO CLASS JULY 12<sup>TH</sup></p> <p>12:00pm: <u>Circuit Toning</u> Misty</p> <p>7:00pm: <u>ZUMBA – Blacklight!</u> Bev/Yoga Studio</p>	<p>9:00am: <u>Functional Fitness with Greg</u></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 JULY 14<sup>TH</sup></p> <p>9:00am: <u>ZUMBA Gold</u> Mary/Multipurpose Room</p> <p>10:00am: <u>SilverSneakers Classic</u> Misty/Multipurpose Room</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 <b>OPEN PICKLEBALL PLAY!</b> Free for all members \$5 fee for nonmembers.</p>



Our hours for Tuesday the 4<sup>th</sup> will be 8am – 4pm  
We will not be having any classes that day.

## 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.

**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.

# Chillicothe Fitness & Racquet Club



# JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10am Senior Circuit	4 NO CLASS Club open 8am – 4pm	5 9am Zumba Gold 10am SS Classic	6	7 9am Zumba Gold 10am SS Classic	8
9	10 10am Senior Circuit	11 11am SS Yoga	12 9am Zumba Gold 10am SS Classic	13	14 9am Zumba Gold 10am SS Classic	15
16	17 10am Senior Circuit	18 11am SS Yoga	19 9am Zumba Gold 10am SS Classic	20	21 9am Zumba Gold 10am SS Classic	22
23/30	24/31 10am Senior Circuit	25 11am SS Yoga	26 9am Zumba Gold 10am SS Classic	27	28	29

## EVENTS



**No classes on  
Tuesday the 4<sup>th</sup>  
Club will be open  
8am – 4pm**

**As we are approaching  
the heat of the summer  
please remember to drink  
plenty of water!**