



ALBRIGHT COLLEGE

Summer Group Fitness Schedule

Schumo Center for Fitness & Well-Being

May 16th-August 24th, 2012



Monday	Tuesday	Wednesday	Thursday	Friday
***** Fit @ 50+ Biking 9:30 AM	Fit @ 50+ Circuit Training 9:00 AM Brenda	***** <i>Fit @ 50+ Biking</i> 9:30 AM	Fit @ 50+ Cardio Intervals 9:00 AM Brenda	***** Tai Chi 9:30 AM Jan
***** Silver Sneakers MSROM 10:30 AM Roe	Arthritis Exercise Program 10:00 AM Brenda	***** Silver Sneakers MSROM 10:30 AM Sherri	***** Silver Sneakers MSROM 10:30 AM Roe	***** Silver Sneakers MSROM 10:30 AM Sherri
	Total Body Xpress 12:15- 12:45 PM Alison	Yoga Flow 12:15 - 1:00 PM Alison	Total Body Xpress 12:15-12:45 PM Alison	
	Total Body 5:15 PM Meg		X-Biking 5:15 PM Dani	
	X-Biking 6:15 PM John			

Summer 2012 Group Fitness Class Description

Yoga Flow- Take 45 minutes out of your day to re-focus the mind and rejuvenate the body! Whether you are feeling the aches and pains related to stress, studying, working over your computer, or muscle soreness from exercise, this class is sure to help you feel good- mind, body, and soul!

Total Body Xpress (30 mins) - A total body workout involving hand held free-weights, glides, and balls. This class is power- packed, it will leave you feeling challenged and re-charged!

Total Body (45 mins)- Same as above, just 15 minutes longer!

Silver Sneakers Muscular Strength I- 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 ball are offered for resistance, and a chair is used for seated and/or standing support. This class is perfect for first-time exercisers, 65+.

Arthritis Exercise Program-This class is aimed at reducing pain and stiffness, maintain and improve mobility, muscle strength and functional ability. Each class includes a variety of exercises that can be performed sitting or standing and individuals from basic to advanced capabilities will benefit from this program. Arthritis Foundation Exercise Program classes are conducted by trained and certified instructors in partnership with the local Arthritis Foundation Chapter.

Fit at 50+- Join in the fun and improve your health with this basic group fitness class that will help enhance your range of motion, improve over-all body strength and pump up the action of the lungs. Exercise intensity is focused for those who have some fitness training experience. The exercises are safe and easy to follow and most of all, fun!

Fit at 50+ Biking- This class takes place in the biking room with a 30 minute low-moderate intensity ride. Easy format that will help you burn calories while you enjoy the company of the group.

Tai Chi- Tai Chi is an ancient Chinese system of slowly flowing movements and shifts of balance that strengthens the legs while conditioning the tendons and ligaments of many joints including ankles, knees, and hips, increasing range of motion and making them more resilient, less prone to injury. Tai Chi is a physical exercise that focuses the mind, while conditioning the body.