



Albright College Schumo Center for Fitness & Well-Being Winter Break Group Fitness Schedule



January 2nd - January 21st, 2018

MONDAY		Tuesday	Wednesday	Thursday	Friday	Saturday
***** 		Fit @ 50 Circuit Training 9:00 AM <i>Brenda</i>		Fit @ 50 Circuit Training 9:00 AM <i>Brenda</i>	*****	
Silver Sneakers Circuit 10:30 AM <i>Sheri</i>		Arthritis Exercise Program 10:00 AM <i>Brenda</i>	Silver Sneakers Classic 10:30 AM <i>Sheri</i>	Line Dancing 10:00 AM <i>Jean</i>	Silver Sneakers Classic 10:30 AM <i>Sheri</i>	
		Total Body Xpress 12:15-12:45 PM <i>Alison</i>	Yoga Flow 12:15-1:00 PM <i>Alison</i>	Total Body Xpress 12:15-12:45 PM <i>Alison</i>		
Yoga Flow 5:15 PM <i>Yuriko</i>	X-Biking 5:15 PM <i>Raylyn</i>		X-Biking 5:15 PM <i>Julia</i>			
Awesome Abs 6:00 PM <i>Raylyn</i>			Awesome Abs 6:00 PM <i>Julia</i>			

Group Fitness Class Description

Interim 2018

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.

Awesome Abs- Are you looking for 6-pack abs-take 20 minutes out of your day to target your mid-section! 20 minutes doesn't sound like much but give it a try and we will prove differently!

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!

Line Dancing- This class will include beginner and intermediate dances to Country, Modern, and Caribbean music. Come out and get some EXERCISE, work on balance, memory, and have FUN too!

Total Body - 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! You will work all areas in the body while listening to fun motivating music!

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+.

X-Biking- An indoor mountain bike experience, similar to a spinning or cycling class, but **MUCH MORE EXCITING!** X-Biking handlebar mechanism allows biker to utilize upper body and core musculature in addition to the lower body to strengthen and improve cardiovascular fitness. Classes are all-levels and beginners should arrive 10 minutes prior to class start for proper bike set-up and instruction on how to participate at an appropriate level. Please bring water with you for this 45 minute workout!

Yoga Flow- Take time 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!