



Lenbrook

March Group Fitness Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Aqua Arthritis 40 Min ◇◇	Aqua Motion 40 Min ◇◇	Aqua Motion 40 Min ◇◇	Aqua Arthritis 40 Min ◇◇	Aqua Fusion 40 Min ◇◇	
9:15						
9:30						
9:45						
10:00	Heart Pumping Aerobics 40 Min ◇◇	Pilates 40 Min ◇◇◇	Aerobic Dance 40 Min ◇◇	Pilates 40 Min ◇◇◇	Heart Pumping Aerobics 40 Min ◇◇	Aqua Motion 40 Min ◇◇
10:15						
10:45						
11:00	Posture & Strength 40 Min ◇	Fall Prevention Balance 40 Min ◇	Posture & Strength 40 Min ◇	Fall Prevention Balance 2 40 Min ◇	2:00 Seated Yoga 50 Min ◇	
11:15						
11:30						
11:45						
12:00					<p align="center">Fitness Hours</p> <p align="center">Monday- Friday 7:30 am- 4:30 pm*</p> <p align="center">Saturday 10:00 am- 3:00 pm*</p> <p align="center">Sunday 11:00 am- 4:00 pm*</p> <p align="center">*Pool closes 1 hour before</p> <p align="center">Fitness Manager Lynette Burrell, Ext. 2216</p> <p align="center">Health Fitness Specialist Charles Bartlett, Ext. 2425</p>	
12:15						
12:30						
12:45						
1:00						
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						

◇ = Low Intensity
◇◇ = Medium Intensity
◇◇◇ = High Intensity

Residents must be members of the Fitness Center to participate in group fitness classes.

Lenbrook Group Fitness Descriptions

Heart Pumping Aerobics ♦♦

Monday, Friday 10:00 - 10:40 am

Low impact, moderate intensity exercises designed to improve flexibility, balance, strength and endurance. Equipment used includes hand weights and resistance bands.

Aqua Arthritis ♦

Monday, Thursday 9:00 - 9:40 am

A fun low- intensity aquatic class with exercises that will keep you moving. Good for arthritis, joint replacements, post-surgery recovery, and general conditioning. To ensure safety, proper aquatic shoes are necessary.

Aqua Motion ♦

Tuesday, Wednesday, Friday, Saturday 9:00 - 9:40 am

Low impact balance exercises that improve overall core strength and cardio with the added resistance of water.

Fall Prevention Balance ♦

Tuesday, Thursday 11:00 - 11:40 am

Designed to strengthen the major muscle groups that affect balance. Class involves body weight exercises that target the core and lower body. Exercises are performed both seated and standing.

Aerobic Dance ♦♦

Wednesday 10:00 - 10:45

A fun, high energy class designed to increase cardio, coordination, and range of motion with low impact dance moves, provided by a professional choreographer.

Pilates ♦♦♦

Tuesday, Thursday 10:00 - 10:45 am

Floor exercises on a mat involve core movements and breathing techniques. Great for strengthening your core and improving flexibility.

Posture and Strength ♦

Monday, Wednesday 11:00 - 11:40 am

Low impact class focusing on posture, along with strengthening and stretching shoulder and back muscles. Learn correct standing and sitting positions.

Seated Yoga ♦

Friday 2:00 - 2:50 pm

A seated, low intensity yoga class designed to increase flexibility, range of motion while decreasing stress and anxiety. This class is perfect for yoga beginners and those who cannot stand for extended periods of time.

♦ = Low Intensity
♦♦ = Medium Intensity
♦♦♦ = High Intensity