



Lenbrook

# Lenbrook Group Fitness Calendar



	Monday		Tuesday	Wednesday		Thursday	Friday		Saturday
<b>9:00</b>			<b>H2O Cardio</b> 60 Min ◆◆			<b>H2O Cardio</b> 60 Min ◆◆			
9:15									
9:30									
9:45									
<b>10:00</b>	<b>H2O Cardio</b> 60 Min ◆◆	<b>Aerobics Class</b> 60 Min ◆◆	<b>Pilates</b> 45 Min ◆◆◆	<b>H2O Cardio</b> 60 Min ◆◆	<b>Aerobics Class</b> 60 Min ◆◆	<b>Pilates</b> 45 Min ◆◆◆	<b>Aqua Motion</b> 60 Min ◆	<b>Aerobics Class</b> 60 Min ◆◆	
10:15									
10:30									
10:45									
<b>11:00</b>			<b>Body Balance</b> 45 Min ◆			<b>Body Balance</b> 45 Min ◆			<b>Aqua Motion</b> 45 Min ◆
11:15									
11:30									
11:45									
<b>12:00</b>							<p align="center"><b>Fitness Hours</b>  Monday- Friday 7:30 am- 5:00 pm*  Saturday 9:00 am- 3:00 pm*  Sunday 11:00 am- 3:00 pm*  *Pool closes 1 hour before</p> <p align="center">Fitness Manager  Leigh Brown, Ext. 2216</p> <p align="center">Health Fitness Specialist  Angelica Patterson, Ext. 2425</p>		
12:15									
12:30									
12:45									
<b>1:00</b>									
1:15									
1:30									
1:45									
<b>2:00</b>	<b>Seated Yoga</b> 60 Min ◆		<b>Tai Chi</b> 60 Min ◆	<b>Intermediate Yoga</b> 60 Min ◆◆		<b>Tai Chi</b> 60 Min ◆			
2:15									
2:30									
2:45									

◆ = Low Intensity  
◆◆ = Medium Intensity  
◆◆◆ = High Intensity

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

# Lenbrook Group Fitness Descriptions

## Aerobics Class ♦♦

*Monday, Tuesday, Wednesday 10:00-11:00 am*

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

## Aqua Motion ♦

*Friday 10:00- 10:45 am, Saturday 11:00-11:45 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.

## H2O Cardio ♦♦

*Monday, Wednesday 10:00-10:50 am*

*Tuesday, Thursday 9:00-9:50 am*

A fun, low impact workout using the medium of water to improve cardiovascular conditioning, increase strength and flexibility, and improve balance. Equipment used includes water noodles, paddles and hand weights. To ensure safety, proper aquatic shoes are necessary.

## Body Balance ♦

*Tuesday, Thursday 11:00-11:45 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.

## 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.

## Intermediate Yoga ♦♦

*Wednesday 2:00-3:00 pm*

A more advanced Yoga class involving positions on a floor mat. Yoga helps improve posture, increase flexibility, promotes better blood flow and encourages a more relaxed state of mind.

## Seated Yoga ♦

*Monday 2:00- 300 pm*

Blends physical and mental conditioning through stretching and relaxation. Improves flexibility, core strength and tone.

## Tai Chi ♦

*Tuesday, Thursday 2:00- 300 pm*

Exercises are composed of slow, deliberate movements, meditation and deep breathing. Tai Chi improves balance, agility, flexibility, and muscle tone.

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

**Questions?**  
Leigh Brown  
404-504-2216

