



# March 2023 - Fitness Schedule



= Brain Power,  
see the back for more information.



Monday 7 am - 5 pm	Tuesday 7 am - 7 pm	Wednesday 7 am - 5 pm	Thursday 7 am - 7 pm	Friday 7 am - 5 pm	Saturday 8 am - 1 pm
<b>Hours:</b> Mon, Wed, Fri 7:00 am-5:00 pm Tues, Thurs 7:00 am-7:00 pm Sat 8:00-1:00 pm (910) 947-4483 8040 Hwy 15-501 (2 miles N of the Pinehurst Traffic Circle)	Schedule changes can occur unexpectedly. To check on daily activities, <u>please call before you come!</u>	<b>1</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>2</b> 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 5:30 CIA \$2	<b>3</b> 10:00 Circuit Training 11:00 Silver & Fit \$2	<b>4</b>
<b>6</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>7</b> 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 5:30 CIA \$2	<b>8</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>9</b> 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 5:30 CIA \$2	<b>10</b> 10:00 Circuit Training 11:00 Silver & Fit \$2	<b>11</b>
<b>13</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>14</b> 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 5:30 CIA \$2	<b>15</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>16</b> 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 5:30 CIA \$2	<b>17</b> 10:00 Circuit Training 11:00 Silver & Fit \$2	<b>18</b>
<b>20</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>21</b> 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 5:30 CIA \$2	<b>22</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>23</b> 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 5:30 CIA \$2	<b>24</b> 10:00 Circuit Training 11:00 Silver & Fit \$2	<b>25</b>
<b>27</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>28</b> 9:00 Retro Beats \$2 10:00 Gentle Yoga \$6 11:00 Silver & Fit \$2 5:30 CIA \$2	<b>29</b> 10:00 Tabata \$2 11:00 Sit and Stretch - FREE	<b>30</b> 9:00 Chair Yoga \$6 10:00 Gentle Yoga \$6 11:00 Chair with Flair \$2 5:30 CIA \$2	<b>31</b> 10:00 Circuit Training 11:00 Silver & Fit \$2	<b>Sit and Stretch, Silver            and Fit and Chair with            Flair will all be            streamed on our            You Tube Channel.            @seniorcenter8297</b>

## **Group Exercise Classes - Please come & practice with us. We have plenty of equipment & mats.**

### **Chair with Flair: Intermediate Level/ \$2 fee Led by Carol Wood.**

This is a fast moving mostly seated exercise class for those who want to challenge their Silver and Fit Routine. Some sitting, some standing, lots of variety in equipment choices...but always fun.

### **Circuit Training: Intermediate Level/ \$2 fee.**

Led by Chris Pevia. This class is designed for all exercise enthusiasts looking to build muscle and burn calories in a fun environment. The class consist of both muscle conditioning and endurance training exercise stations in which participants exercise at each station for an allotted amount of time. Come and join the fun and feel the burn. **15 person limit**

### **Silver & Fit. Beginner level. \$2 fee.**

Led by Chris Pevia. This gentle on the joints class is designed to increase flexibility, balance, muscular strength and endurance with plenty of friendly fun. This is a chair-based class that will incorporate basic strength and cardiovascular exercises to help build strong hearts and bones, followed by a series of balance and stretch exercises to help increase joint stability.

**Sit & Stretch: All Levels. Free. Led by Carol Wood.** Perform gentle stretches while sitting in a chair. These stretches will increase your range of motion and flexibility.

### **Tabata Intermediate to Advanced Level/ \$2 fee**

Led by Chris Pevia. This class is a moderate to high intensity class. Each class ranges between 7 or 8 rounds of exercises for both endurance and strength conditioning. Each round consist of 8 cycles with each cycle lasting 20 seconds and followed by a 10 second break in between each cycle. This class is designed to increase heart rate and metabolism which burns the calories. Come and join the fun! Mostly standing some mat and ball.

### **Yoga - Gentle Yoga. Cost: \$2 to the Front Desk and \$4 to the Instructor**

Led by Karen Poppele. Gentle Yoga offers an all-levels, all-bodies practice that connects breath with gentle movement and different versions of yoga postures to build strength and balance and increase flexibility. Props are available to add comfort, ease and accessibility in poses.

**Tuesdays and Thursdays at 10:00 a.m. for 60 minutes**

### **Yoga - Chair Yoga. Cost: \$2 to the Front Desk and \$4 to the Instructor**

Led by Karen Poppele. Chair Yoga is a gentle, slow practice that teaches the fundamentals of yoga poses with an emphasis on alignment, breathing techniques, and relaxation while being seated in a chair and/or using the chair for support in standing poses. This modified approach offers a gentle yet effective style of yoga one can do without getting on the floor while still incorporating breathing and mind-body benefits of a traditional yoga class. **Thursdays at 9:00 a.m. for 50 minutes**

### **Retro Beats -\$2 Fee**

Go back in time, with Carol Wood, to the days of Grapevines and Mambos in this low impact cardio class guaranteed to raise your heartbeat and your mood! The class will be performed entirely standing with fun music, easy to learn choreography, and an upbeat atmosphere. This class welcomes all levels of fitness and most suitable for participants seeking a low to moderate intensity class. Come and let's dance!

**(CIA) Circuits, Intervals, Abs - All fitness Levels \$2 fee. Led by Carol Wood** a full body workout consisting of aerobic training, strength training and abdominal exercises. **Tuesdays and Thursdays @ 5:30pm**

**Brain Power** - is a NEW program that will last throughout the year. Educational presentations will be scheduled throughout the year. Look for dates and times along with information in each newsletter. Neuroplasticity is the brain's ability to adapt and change in response to new experiences. 75% of the way that you age is in your control—which means your environment, lifestyle and behavior have more of an impact on the way that you age vs. the 25% attributed to your genes.

	== == == == == == == == == == == == == == == == ==	
	**Membership is obtained thru one on one ORIENTATIONS** with Fitness Room Coordinator,	
	Chris Pevia. Always call for your Reservation **910-947-4184**. Thanks!	
	== == == == == == == == == == == == == == == == ==	

Schedule changes can occur unexpectedly.

To check on daily activities,  
please call before you come!

**Voluntary Contributions to the Fitness Program are always welcome!**

Contributions are kept confidential and go directly to programming. No one is obligated, nor will services be reduced/terminated for lack thereof.

get this online at: [www.moorecountync.gov](http://www.moorecountync.gov) - Departments; Aging; Fitness Programs