

Active Living



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GET GOING Zoom 9:30 - 10:25AM		GET GOING Zoom 9:30 - 10:25AM	POP-UP CLASS BALANCE BOOSTER SEPTEMBER 14 OCTOBER 9 Gymnasium 10:35 - 11:30AM	GET GOING Zoom 9:30 - 10:25AM
	INTERMEDIATE URBAN POLING¹ Gymnasium 9:00 - 10:00AM			
GET GOING Gymnasium 10:35 - 11:30AM	KEEP GOING Lower Weight Room 10:00 - 10:55AM	GET GOING Gymnasium 10:35 - 11:30AM	KEEP GOING Lower Weight Room 10:00 - 10:55AM	GET GOING Gymnasium 10:35 - 11:30AM
EASY GOING Zoom 12:00 - 12:55PM	EASY GOING GroupX Studio 12:00 - 12:55PM	GENTLE CHAIR YOGA Zoom 12:00 - 12:55PM	EASY GOING GroupX Studio 12:00 - 12:55PM	EASY GOING Zoom 12:00 - 12:55PM
URBAN POLING¹ Gymnasium 1:00 - 2:00PM				GENTLE CHAIR YOGA GroupX Studio 12:00 - 12:55PM

Active Living – Class Descriptions

ALL CLASSES ARE OPEN TO ACTIVE LIVING CLASS PASS HOLDERS

EASY GOING

This class is geared for adults who are looking for a gentler approach to fitness. The warm up and strength training are done while seated. Because weight bearing exercise is so important, walking, posture (against a wall), and balance (holding on to a dance bar) will be done standing.

GET GOING

Features walking, seated and standing movement for the cardio component. Strength, balance and flexibility training are done seated or standing behind a chair. Come join us for a functional fitness class to help with the various activities of everyday living.

KEEP GOING

This class is for adults with a chronic condition, looking for a little more challenge, but still want a low impact class that is easy on the joints. The entire class is done standing and will offer various formats to keep it interesting.

GENTLE CHAIR YOGA

Bring out your inner Yogi! This class will have you doing all of the wonderful things in traditional yoga, but in a gentler way. We get it – some days, getting down on the ground is not easy. We want your body to feel amazing and safe through guided stretches and yoga flows while you sit comfortably in a chair.

GOLDEN RHYTHMS¹

Enjoy music and movement in this fun class. Most choreography is done seated with an option to stand for those who prefer. No dance experience necessary.

URBAN POLING¹

Walking is a great prescription for overall health, wellness, and rehabilitation for EVERYONE. Join us weekly as we use specially-designed activator poles to improve your balance, core strength, posture, and reduce impact to your joints. Getting together outdoors is an added benefit! Activator poles will be provided by the JCC for your use each class and will be sanitized prior to and after each session.

¹Active Living participants may attend with a punch card.

BALANCE BOOSTER *POP-UP CLASS*

Take your confidence to the next level and live life YOUR way! With better balance fall risk decreases, reaction time improves and coordination is maintained. In this class we'll build strength for better balance and stability and work on improving both posture and gait. Participants work at their own pace; all levels welcome.