

# Plymouth Harbor

## Group Fitness Class Schedule

### SEPTEMBER 2020

#### **Aqua Fit** (Anne):

**Deep Water:** Focus on endurance, range of motion and strength through totally suspended cardio exercise. Enjoy a reduction in joint stress as you wear a flotation belt. **Must be comfortable in deep water.**

**Shallow Water:** This class offers a variety of full-body strength training movements, this class challenges your mind-body dialog as you work on improving range of motion, flexibility, core power and stamina.

**Aqua Stretch & Strengthen** (Anne): Developed through the Arthritis Foundation, this class features gentle strength and conditioning for both upper and lower body in effort to expand the body's range of motion and flexibility.

**Better Balance** (Christina): A preventive class that incorporates static and dynamic balance exercises for all levels! Challenge your inner ear while working to maintain or improve hand-eye coordination and confidence in personal stability. **Proper athletic footwear required, no sandals please.**

**Body Moves** (Christina): This chair-based class exercises mind and muscle to improve strength and muscle memory. Total body movements are incorporated at a fluid pace to encourage cardiorespiratory improvements. All are welcome!

**Pilates Fusion** (Felipe): Come experience a unique total body workout that focuses on strengthening your core to bring stability and power to your movements. Individuals must have the ability to get up and down from the floor independently for this mat-based class.

**Silver Swans** (Chris): Enjoy the wonder of ballet-inspired movements in this class that can be taken either seated or standing! Reduce stress and increase energy while being instructed by a member of the Sarasota Ballet. This class has something for everyone and all abilities!

**Sit Fit** (Christina/Robin): This combines both seated & standing exercises using bands/weights to improve muscular strength, endurance, balance and flexibility.

**Sit Fit & Fun** (Christina): This one hour *intermediate* hybrid class combines balance training, seated/standing strength exercises, and stretching. Games are also mixed in for added fun! Perfect for someone looking for a bit more challenge than the regular Sit Fit class, but with a similar cadence.

**Tai Chi** (Rosann): Mentally/physically challenge yourself to improve balance, posture, and strength.

**Tap Dancing** (Mike): This *intermediate* class will enhance endurance, as well as balance in an upbeat environment. *Tap shoes recommended, but not required.*

**Total Fitness** (Lisa): This *advanced* class offers standing/floor strength exercises, static/dynamic balance exercises, and stretching on the mat.

**Water Walking** (Anne): Improve gait, coordination and balance. Slow moving, gentle water work for anyone eager to move fluidly with no fear of falling. The simple but effective movement patterns stimulate mind-body dialogue and improve daily function. All levels welcome. (*Shallow water only*).

**Water Works** (Anne): Held in the warm environment of the indoor therapy pool, this class focuses on improving balance and muscle awareness, as well as addressing functional mobility and neuromuscular impairment.

**Yoga** (Reena): This meditative/restorative class combines breathing techniques and gentle movements to improve postural awareness, balance, and flexibility, while decreasing stress. Participants improve their joint mobility and reduce pain and stiffness.



Residents Gary & Kathy Hendricks staying active in the outdoor pool!

# SEPTEMBER GROUP EXERCISE CLASS SCHEDULE

LAND-BASED CLASSES MAY BE VIEWED ON CHANNEL 196.

IN-PERSON GROUP EXERCISE CLASSES, INCLUDING AQUATICS, ARE SUSPENDED UNTIL FURTHER NOTICE. WE WILL BE SURE TO PROVIDE ADEQUATE COMMUNICATION ABOUT THE RETURN OF THESE CLASSES WHEN THE DECISION HAS BEEN MADE. WE APPRECIATE YOUR PATIENCE!

## MONDAY

### TOTAL FITNESS

8:30-9:30 AM  
Level 3

### SIT FIT

10:00-10:45 AM  
Levels 1-2

### BETTER BALANCE

11:15-12:00 PM  
Levels 1-3

### TAP DANCING

2:00-3:00 PM  
Levels 2-3

## TUESDAY

### TAI CHI

8:30-9:30 AM  
Levels 1-3

### BODY MOVES

10:00-10:30 AM  
Level 1

### YOGA

11:00 -12:00 PM  
Levels 1-3

## WEDNESDAY

### TOTAL FITNESS

8:30-9:30 AM  
Level 3

### SIT FIT

10:00-10:45 AM  
Levels 1-2

### TAP DANCING

2:00-3:00 PM  
Levels 2-3

## THURSDAY

### TAI CHI

8:30-9:30 AM  
Levels 1-3

### BODY MOVES

10:00-10:30 AM  
Level 1

### YOGA

11:00 -12:00 PM  
Levels 1-3

### SILVER SWANS

1:00-2:00 PM  
Levels 1-3

## FRIDAY

### TOTAL FITNESS

8:30-9:30 AM  
Level 3

### SIT FIT

10:00-10:45 AM  
Levels 1-2

### BETTER BALANCE

11:15-12:00 PM  
Levels 1-3

## SATURDAY

### PILATES FUSION

8:30-9:30 AM  
Level 3

### SIT FIT & FUN

10:00-11:00 AM  
Level 2