

- In-Person / Zoom
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- Zoom

50 North Group Exercise Classes

for the weeks of 9/7/2020—9/18/2020

Closed Labor Day, Monday September 7, 2020

Class size is limited • Reservation is required • Class schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 9:15am CardioEnergizer	8:30am - 9:15am EnhanceFitness®	8:30am - 9:15am CardioEnergizer	8:30am - 9:15am EnhanceFitness®	
10:30am - 11:15am SilverSneakers® Classic	10:30am - 11:15am SilverSneakers® Yoga	10:30am - 11:15am SilverSneakers® Classic	10:30am - 11:15am SilverSneakers® Yoga	10:30am - 11:15am SilverSneakers® Yoga
12:15pm - 1:00pm SilverSneakers® Yoga	11:45am—12:30pm DTD/ Parkinson's	12:15pm - 1:00pm SilverSneakers® Yoga	11:45am—12:30pm DTD/ Parkinson's	
1:30pm - 2:15pm Geri-Fit®		1:30pm - 2:15pm Geri-Fit®		
5:30pm - 6:15 pm Cycling	6:00pm - 6:45pm Boot Camp	5:30pm - 6:15pm Cycling	6:00pm - 6:45pm Boot Camp	

****Contact 50 North to reserve your spot — 419-423-8496 ext. 113***

Fitness Center Hours: Mon.-Thurs. 7:00am-7:00pm & Fri. 7:00am-6:00pm



Class Descriptions

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Cardio Energizer

Forty-five (45) minute **class consisting of warm-up, cardio, toning, strength exercises and stretching.** Portion of class performed on floor with mat (optional).

EnhanceFitness®

Evidence based group exercise class.

A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

Geri-Fit®

Geri-Fit® is a 45-minute evidence based strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more. *Please see fitness staff for more details.*

Delay the Disease™ Parkinson's Class

Delay the Disease classes are specifically for people with Parkinson's Disease. The exercise classes are designed to empower people with Parkinson's Disease by optimizing physical function and helping to delay the progression of PD symptoms. Free to fitness center members and only \$20 for non-fitness center members for an eight week session.

Stretch Fusion

Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core & muscle strengthening exercises.

Bootcamp 45

Forty-five (45) minutes of interval training with a mixture of cardio & all over body sculpting & toning.

Basic Cycling Mix

Beginner level spin class. Great for cardio, toning, and sculpting.