



# 50 North's Fitness Center Member Group Exercise Classes

## ZOOM Schedule: 1/4— 1/29

\*Class schedule subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 9:15am CardioEnergizer	9:00am - 10:00am "Health Thy Self" Series 1/5—1/19	8:30am - 9:15am CardioEnergizer	9:00am - 10:00am "Health Thy Self" Series 1/7—1/21	
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
12:30pm - 1:15pm SilverSneakers® Yoga	11:30am—12:15pm DTD/ Parkinson's	12:30pm - 1:15pm SilverSneakers® Yoga	11:30am—12:15pm DTD/ Parkinson's	
1:30pm - 2:15pm Geri Strong		1:30pm - 2:15pm Geri Strong		
6:00am - 7:00pm "Health Thy Self" Series 1/4—1/18	6:00pm - 6:45pm Boot Camp	6:00pm - 7:00pm "Health Thy Self" Series 1/6—1/20	6:00pm - 6:45pm Boot Camp	

*\*Contact 50 North to be added to the email list for any of these links  
— [419-423-8496 ext. 113](tel:419-423-8496) or email Anna Lee at [alee@50north.org](mailto:alee@50north.org)*



Revised 12/28/2020

# 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).

## **Geri Strong**

A 45-minute strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more.

## **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.

## **Bootcamp 45**

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

## **"Health Thy Self" Series by Annie Hayes, 50 North's Healthy Living Nutrition Coach & Personal Trainer**

Start 2021 with a CLEAN SLATE! If you are struggling with a few extra pounds or are confused about how to eat to promote health, join our series! Learn about 5 lifestyle eating patterns that will encourage health and fat loss.

***Beginning 1/4/2021 for 3 weeks. \*Audio option is available if you don't have access to a computer!***