

# Schererville- Phase 3 Active Aging Exercise Schedule

Effective July 5th- July 31, 2020

**\*\*Pre-Registration Required for all classes\*\***

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aquatic</b>	<i>Rec Pool</i>	<u>10:00 a.m.</u> <b>AQUA BLAST</b> <i>Nicole</i>	<u>10:00 a.m.</u> <b>WATERinMOTION</b> <i>Nicole</i>	<u>10:00 a.m.</u> <b>HYDRO F.I.T.</b> <i>Nicole</i>	<u>10:00 a.m.</u> <b>WATERinMOTION</b> <i>Nicole</i>	<u>10:00 a.m.</u> <b>AQUA BLAST</b> <i>Nicole</i>
	<b>Land</b>	<i>Studio 41</i>	<u>5:45 p.m.</u> <b>ZUMBA</b> <i>Gladys</i>	<u>6:00 p.m.</u> <b>ZUMBA</b> <i>Gladys</i>	<u>8:00 a.m.</u> <b>CORE &amp; MORE</b> <i>Cheri</i>	<u>9:00 a.m.</u> <b>ZUMBA</b> <i>Gladys</i>
	<i>Performance Studio</i>			<u>9:00 a.m.</u> <b>LOW STEP &amp; SCULPT</b> <i>Cheri</i>		
				<u>5:45 p.m.</u> <b>ZUMBA</b> <i>Linda</i>		

**Fitness Center Hours:**

Monday-Friday 7a-9p  
 Saturday 7a-5p & Sunday 7a-5p

See back for class descriptions.

Class Instructors may vary according to availability.

We reserve the right to alter classes dependent on class attendance.  
 Holiday schedules will be limited, please ask Service Desk for details.



For Reference Only

Pre-register online up to 48 hours in advance at [www.myclubonline.com](http://www.myclubonline.com)

Same Day Registration available by calling the Fitness Desk at 219-865-6969 x 3340

# Active Aging Exercise Class Descriptions

Please feel free to observe a class prior to participating.

**AQUA BLAST:** Looking for a low impact, resistance-based workout? This class is for you. Reduce the stress on your joints while strengthening your muscles and having fun. (55 min)

**CHAIR STRETCH & STRENGTH:** This chair and equipment based class gives you the option to participate seated or standing. Gentle stretches and range of motion exercises will help participants perform better, increase their daily activities, and help create a more confident outlook. All performed in a positive social atmosphere. (45 min)

**CORE & MORE:** This is a total body strengthening class using functional movements of the upper and lower body, while incorporating internal body resistance, gravity, and balance to improve your core strength! (55 min)

**H<sub>2</sub>O MOVES/Arthritis Foundation Aquatics Program (AFAP):** This class was designed by the Arthritis Foundation for those individuals with impaired joint strength, range of motion, or other physical challenges. The goal of this aquatic class is to increase the participants' range of motion for everyday living. (45 min)

**HYDRO F.I.T. (FUNCTIONAL Intense Training)** If you're looking for a workout that is different each time, then this class is for you! You'll get a sample of new trends mixed with tried-and-true moves that push you mentally and physically. Class can include anything and everything; e.g. circuits, Tabata, HIIT and yoga (55 min)

**MEDICAL FITNESS CLASS:** Designed for current/post physical therapy patients with medical conditions including, but not limited to, cardiovascular conditions, diabetes, cancer, arthritis and orthopedic issues. ***\*Must have Medical Membership to attend. Please see a Membership Coordinator for more information.***

**WATERinMOTION:** Use every muscle in your body in this cardiovascular workout. This class provides a low impact, high-energy challenge for participants of all ages, skills, and fitness levels. (55 min)

**ZUMBA:** This class is geared towards a higher fitness level but can be modified as needed by the participant. The workout is a mixture of body sculpting movements and exciting, easy to follow dance steps. (55 min)

\* Each month, our group exercise class attendance will be evaluated using the Red-Light/Green-Light system. When class attendance drops below the studio capacity of 30%, the instructor will be notified. The class then becomes a Red Light class and will be monitored for the next 60 days. If the class continues to be in the Red for a second month in a row, the class will be posted on the Member Information Board to notify members (located in the hall by the Performance Studio, next to the vending machines). If the class does not reach its target attendance and is in the Red for a third month in a row, Franciscan Health Fitness Centers reserves the right to change or remove the class from the group fitness schedule.

If you have any questions, please feel free to ask your instructors.