



Bartlett Senior Center
Group Fitness Schedule
www.cityofbartlett.org/seniorcenter



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00 AM		Yoga Gwen		Yoga Gwen	
8:15 AM	Zumba Gold Brandy		Zumba Gold* Brandy		Zumba Brandy
9:15 AM	AM Stretch Brandy		AM Stretch* Brandy		AM Stretch Brandy
9:30 AM				Line Dance Ray or Cathy	
12:00 PM				Ballroom Dance Dave	
1:30 PM		Tai Chi Richard		Tai Chi Richard	
2:45 PM	Yoga David		Yoga David		

Zumba Gold® - For active older adults looking for a modified Zumba® class at a lower-intensity. The class has easy-to-follow moves that focus on balance, range of motion and coordination. Limited to first 38 students.

Zumba® - Perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining cardio and muscle conditioning for balance and flexibility. Limited to first 38 students.

Yoga - Move through yoga postures to develop strength, endurance, correct body alignment, flexibility and relaxation. Participants improve circulation, coordination and balance. Participants are encouraged to wear comfortable clothing, hydrate prior to class and bring a yoga mat. Limited to first 20 students in the Tuesday/Thursday morning classes and 18 in the Wednesday/Friday afternoon classes.

AM Stretch - Designed for older adults, AM Stretch leads you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, strength, and balance. Part of the class is dedicated to cardio exercises. Limited to first 30 students.

Line Dance - Our line dance lessons offer a great cardio workout while learning the latest line dance steps. Limited to the first 30 students.

Ballroom Dance - Get a great cardio workout while learning ballroom dances, including the Foxtrot, ChaCha, Waltz, East Coast Swing, Tango, and much more. Beginners welcome. No partner necessary.

Tai Chi - This is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It has proven to benefit those with arthritis and improves balance. Limited to the first 25 students.

Ballroom, Line Dance, Senior Circuit, Strength Training, Tai Chi, and Yoga are included with a Premium Membership OR are \$3 per class per person. Ask us about our \$19/month Premium Membership.

**On the second Wednesday of each month there are no Zumba Gold® or AM Stretch classes due to Special Day.*