

CLASS SCHEDULE

MILITARY RD. LOCATION	Monday	8:30am Spin A	9:00am Aqua Aerobics GA	10:00am Body Pump A	11:15am Zumba Gold G	12:00pm-3:00pm Pickleball Open Play A	6:30pm Beginner Yoga Flow A	
	Tuesday	8:00am - 12:00pm Pickleball Open Play A	9:30am Les Mills Core (45 min) A	10:30am Dance Gold A	11:00am Active Yoga A	12:30pm Line Dancing GA		
	Wednesday	8:30am Spin A	9:00am Aqua Aerobics GA	11:15am Flexercise G	12:00pm - 3:00pm Pickleball Open Play A	5:30pm - 9:00pm Pickleball Open Play A	5:30pm Spin A	6:30pm SOULfusion A
	Thursday	8:00am - 12:00pm Pickleball Open Play A	9:00am SOULfusion A	10:00am Pilates (30min) A	11:00am Active Yoga A	11:15am Gentle Yoga: Seated Chair G	12:30pm Line Dancing GA	5:30pm Body Pump A
	Friday	8:30am Spin A	9:00am Aqua Zumba GA	9:30am Barre/Pilates Stretch A	10:00am Body Pump A	11:15am Silver Sneakers G	12:00pm - 3:00pm Pickleball Open Play A	
	Saturday	8:30am Intermediate Yoga (75 min) A						
	Sunday	9:00am Spin A	10:15am Body Pump A					

GAUSE BLVD LOCATION	Monday	9:00am Aqua Aerobics GA	9:00am Yoga-Latis A	9:30am Les Mills Core (45 min) A	11:15am Flexercise G	12:30pm Beginner Line Dancing GA	5:30pm Spin A	6:00pm Intermediate Yoga A	6:45pm Aqua Aerobics GA
	Tuesday	9:00am Aqua Aerobics GA	10:00am Body Pump A	11:15am Zumba Gold G	6:00pm Body Pump A				
	Wednesday	5:00am PiYO A	9:00am Aqua Aerobics GA	9:00am Zumba Toning A	9:00am Spin A	11:15am Silver Sneakers G	12:30pm Line Dancing GA	5:00pm Les Mills Core (30 min) A	6:00pm Intermediate Yoga A
	Thursday	9:00am Aqua Aerobics GA							
	Friday	9:00am Aqua Aerobics GA	9:00am Zumba A		11:15am Zumba Gold G				
	Saturday	8:30am Spin A							

PROGRAM DESCRIPTION

- A Active:** These programs are for the mobile individual actively engaged in life but may want modifications such as low to zero impact while still having the options for intensity.
- G Gentle:** These classes are for the senior who is ready to slow down slightly with adaptive exercises that are easier on the body and provide options that more closely monitor heart rate and balance while still helping to maintain cardiovascular health, strength and mobility.

TRY THESE CLASS FAVORITES TO GET STARTED TODAY!

- Silver Sneakers** - Exercises for everyday life activities! Starting in a chair and moving to standing, this class is great for seniors, deconditioned beginners or people with physical challenges.
- Flexercise** - Designed for all skill levels using movements to maintain or enhance strength, flexibility, coordination, and balance while standing and seated. Exercises using hand weights, balls, rhythm sticks, and resistance bands all set to fun music!
- Gentle Yoga: Seated Chair** - Gentle yoga using a chair for support. Designed to improve flexibility, stability, balance, and improve range of motion.
- Zumba Gold** - A low impact modified Zumba class for active older adults with super fun moves at a lower intensity. Also incorporates strength work with hand weights. Easy-to-follow choreography that focuses on balance, range of motion and coordination.

PONTCHARTRAIN DR. LOCATION	Monday	8:30am Body Pump A	9:30am Spin A	10:00am Zumba A	11:15am Beginner Yoga Flow A	
	Tuesday	8:30am Active Yoga A	10:00am PiYO A	11:15am Silver Sneakers G	5:30pm Spin A	6:00pm Zumba Hip Hop A
	Wednesday	9:30am Les Mills Core (45 min) A	11:00am Active Yoga A	5:30pm Body Pump A		
	Thursday	8:30am Spin A	9:30am Body Pump A	11:15am Flexercise G	5:30pm Barre Intensity A	
	Friday	8:30am Spin A	8:30am Step Challenge A	9:45am Body Combat A	10:30am Pilates (30 min) A	11:00am Beginner Yoga Flow A
	Saturday	8:30am Step Challenge A	8:45am Intermediate Yoga A	9:45am Body Pump A		

Other Activities Available:

- LiveFit Total Wellness
- CG | Circuit
- Pickleball
- Tennis
- Racquetball
- Personal Training
- Physical Therapy

Need more help? Schedule a free Fitness Consultation at the Front Desk.

ACTIVITIES

Senior Lunch 1st & 3rd Thursday **MILITARY**

Seminars Monthly with different topics and locations.

Muffin Mingle 4th Monday **GAUSE**

BUNCO 2nd Monday **GAUSE**

PoKeNo 3rd Tuesday **PONTCH**

Bingo 1st Wednesday **MILITARY**



Activity	Date	Time	Location
Mother's Day Luncheon	Tues. May 3rd	12:30pm	Gause by the pool
Bingo \$5 to play	Wed. May 4th	12:30pm	Military Studio One
Bunco \$5 to play	Mon. May 9th	12:30pm	Gause Mind Body Studio
Pokeno \$3 to play (nickels, dimes & 1 quarter)	Tues. May 17th	12:30pm	Pontchartrain Mind Body Studio
Nourish Kitchen Sr. Lunch	Thurs. May 19th	11:30pm	Nourish Klitchen Cafe Military Rd.
Splash Park Grand Opening Party	Sat. May 21st	11am-3pm	Military by the pool
Muffin Mingle	Mon. May 23rd	10:15am	Gause Cafe



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CROSS GATES NEWS




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Mother's Day Luncheon

TUESDAY, MAY 3RD | 12:30

Come enjoy the beautiful weather in the outdoor pavilion at Gause Boulevard.

MOTHER'S DAY LUNCHEON PROVIDED, PLEASE BRING A SIDE DISH OR DESSERT TO SHARE IF YOU WOULD LIKE, BUT NOT NECESSARY TO ATTEND

Ladies, invite your special someone or the favorite woman in your life!