CG FIT60+

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

PROGRAM DESCRIPTION

Active: These programs are for the mobile individual actively engaged in life but may want modifications such as low to A 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!

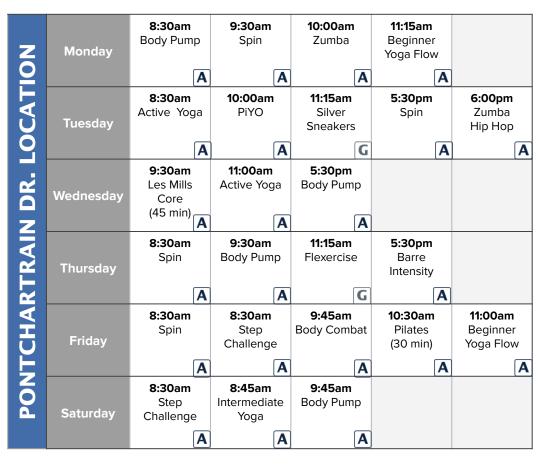
Silver Sneakers - Exercises for everyday life activities! Starting in a chair and moving to standing, this class is great for seniors, deconditioned beginners or people with physical challenges.

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.

9:00am 9:00am 9:30am Yoga-Latis Les Mills Aqua Monday Aerobics Core (45 min) GA A 9:00am 10:00am 11:15am CATION Body Pump Zumba Gold Aqua Tuesday Aerobics GA A G 5:00am 9:00am 9:00am PiYO Agua Zumba Ŏ /ednesday Aerobics Toning Α GA A BLVD 9:00am Aqua Thursday Aerobics GA GAUSE 9:00am 9:00am Zumba Aqua Friday Aerobics GA A 8:30am Spin Saturday A



CLASS SCHEDULE



Other Activities Available:

LiveFlt Total Wellness

CG | Circuit

Pickleball

Tennis

Racquetball

Personal Training

Physical Therapy

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

ACTIVITIES



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 Kltchen 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



Brandy Watters Senior Coordinator Brandy@CrossGatesClub.com Facebook: CGFit60 CROSSGATESCLUB.COM



CG FIT60+ MAY 2022 **CROSS GATES NEWS**







