

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

Silver 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.

CLASS SCHEDULE

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

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

JOIN US FOR FUN MONTHLY EVENTS



Senior Lunch Seminars Muffin Mingle BUNCO PoKeNo Bingo

Activity	Date	Time	Location
Coffee & Conversations	Weekly on Wednesdays	8:00am-10:00am	Pontchartrain Drive
Bingo	Wednesday, January 4th	12:30pm	Military Studio One
Bunco \$5 to play	Monday, January 9th	12:30pm	Gause Mind Body Studio
Fuel Nutrition & Recovery Seminar	Monday, January 9th	7:00pm	Military Rd.
Tracking Your Health Seminar	Wednesday, January 11th Monday, January 16th	6:45pm 10:00am	Gause Blvd Military Rd.
SMH Seminar Foot & Heel Health Seminar	Monday, January 16th	12:30pm	Gause Mind Body Studio
Pokeno \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, January 17th	12:30pm	Pontchartrain Studio One
Core Strengthening Seminar	Wednesday, January 25th	6:45pm	Gause Blvd.
CG Fitness Conference (See front flyer for more details about seminars, classes, & festivities)	Friday, January 27th	10:00am-2:00pm	Military Rd.



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CROSSGATESCLUB.COM



CG | FIT60+ | January 2023

CROSS GATES NEWS

KREWE OF CG

MARDI GRAS WORKOUT & CARNIVAL

Get Your **FREE** Mardi Gras Mambo Kit
CG Beads and Second Line Towel

BRING A NEW FRIEND^{*}**
GET A FREE T-SHIRT*

FRIDAY, 1.27 • 10AM-2PM

Part Of the CG Fitness Conference

CG Fit60+ Active	Core Strengthening: Must Be Able To Get On The Floor	10am	Sports Complex
CG Fit60+ Active & Gentle	Zumba Gold	11:15am	Sports Complex
CG Fit60+ Gentle	Silver Sneakers	11:15am	Studio One
CG Fit60+	Mardi Gras Party: Prizes and Refreshments	Noon	Sports Complex

*New friends is a non-member or a member who hasn't visited the club in 2023

Seminar,
Workouts,
Party,
Music,
Second Line &
Refreshments



MEMBER SPOTLIGHT

