

# 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  | Wed. June 7th        | 12:30pm        | Military Studio One      |
| Bunco \$5 to play<br><small>Day of the week change for June &amp; July</small> | Thurs. June 15th     | 12:30pm        | Gause Mind Body Studio   |
| SMH Seminar will return in August  |                      |                |                          |
| Pokeno \$3. to play<br><small>(11 nickels, 22 dimes &amp; 1 quarter)</small>   | Tues. June 20th      | 12:30pm        | Pontchartrain Studio One |
| Coffee & Muffin Mingle   | Tues. June 27th      | 10:15am        | Gause Blvd. Cafe         |



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# CG | FIT60+ | JUNE 2023

## CROSS GATES NEWS



### Bunco

SUMMER CHANGE

New Day: **Thursdays** for June and July only!  
12:30 at Gause Blvd. Location



**We Love Our Members**



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

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. | **Dance Gold** - A low impact, high energy dance class for active adults focusing on music from 50s, 60s & 70s.

CLASS SCHEDULE

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

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

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.