JOIN US FOR FUN MONTHLY EVENTS













Senior Lunch

Seminars

Muffin Mingle

n BUNCO PoKeNo

Bingo

Activity	Date	Time	Location		
Coffee & Conversations	Weekly on Wednesdays	8:00am-10:00am	Pontchartrain Drive		
Bingo \$5 to play	Wednesday, December 6th	12:30pm	Military Studio One		
Bunco \$5 to play	Monday, December 11th	12:30pm	Gause Mind Body Studio		
SMH Seminars	Return in January 2024				
Christmas Party Potluck Please sign up at the front desk	Thursday, December 14th	12:30pm	Gause Blvd Studio One		
Pokeno \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, December 19th	12:30pm	Pontchartrain Studio One		
Christmas Day Monday, December		CLOSED	All Locations		
Muffin Mingle	will resume in January 2024				



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CROSS GATES NEWS





We loved staying healthy and active with you all year. Let's set some great goals for next year too!

We have lots to look fwd to in the new year.

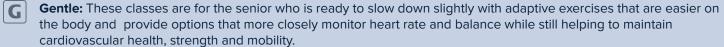
CG | FIT60+

	Monday	8:30am Spin	9:00am Aqua Aerobics	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min)	11:15am Zumba Gold	12:00pm- 3:00pm Pickleball Open Play	5:30pm Spin	5:30pm Beginner Yoga Flow
NO	Tuesday	8:00am - 12:00pm Pickleball Open Play	9:00am Aqua Aerobics	9:30am Les Mills Core (45 min)	10:15 am Pilates	10:30am Dance Gold	11:00am Active Yoga	12:30pm Int/Adv Line Dancing Starting 9/11
RD. LOCATION	Wednesday	8:30am Spin	9:00am Aqua Zumba	11:15am Flexercise	12:00pm - 3:00pm Pickleball Open Play	5:30pm - 9:00pm Pickleball Open Play	5:30pm Spin	6:30pm SOULfusion
/ RD. L	Thursday	8:00am - 12:00pm Pickleball Open Play	9:00am Aqua Aerobics 9:30am SOULfusion	10:15am Pilates (30min)	11:00am Active Yoga	11:15am Silver Yoga: Seated Chair	12:30pm Int/Adv Line Dancing	5:30pm Body Pump 6:30pm Les Mills Core 30min
MILITARY	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	
	Saturday	8:30am Intermediate Yoga (75 min)	8:30am Spin					
	Sunday	9:00am Spin	10:15am Body Pump					

PROGRAM DESCRIPTION

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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.



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. I 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! I Silver Yoga: Seated Chair - Gentle yoga using a chair for support. Designed to improve flexibility, stability, balance, and improve range of motion. I 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. I Dance Gold - A low impact, high energy dance class for active adults focusing on music from 50s, 60s & 70s.

CLASS SCHEDULE

	Monday	9:00am Yoga-Latis	9:00am Aqua Aerobics	9:30am Les Mills Core (45 min)	11:15am Silver Sneakers	12:30pm Beginner Line Dancing	5:30pm Spin		6:45pm Aqua Aerobics
LOCATION	Tuesday	9:00am Spin	9:00am Aqua Aerobics	10:00am Body Pump	11:15am Zumba Gold		5:00pm Les Mills Core (30min)	6:30pm Body Pump	
	Wednesday	5:00am PiYO	9:00am Aqua Aerobics	9:00am Zumba Toning	11:15am Silver Sneakers	12:30pm Beginner Line Dancing		5:00pm Les Mills Core (30 min)	6:00pm Intermediate Yoga
E BLVD	Thursday	8:30am Body Pump	9:00am Aqua Aerobics	·					6:45pm Aqua Aerobics
GAUSE	Friday	9:00am Zumba	9:00am Aqua Aerobics		11:15am Zumba Gold				(-1
	Saturday	8:30am Spin							

NO	Monday	8:30am Body Pump	9:30am Spin	10:00am Zumba	11:15am Active Yoga	6:00pm Barre (moving to Gause 11/20)
LOCATION	Tuesday	8:30am Yoga for Athletes	10:00am PiYO	11:15am Silver Sneakers	5:30pm Hip Hop Spin	6:00pm Hip Hop Zumba
	Wednesday	9:30am Les Mills Core (45 min)	11:00am Active Yoga	5:30pm Body Pump	[A	
RTRAII	Thursday	8:30am Spin	9:30am Body Pump	11:15am Silver Sneakers		
PONTCHARTRAIN DR.	Friday	8:30am Spin	8:30am Step Challenge	9:45am Body Combat	10:30am Pilates (30 min)	11:00am Beginner Yoga Flow
O	Saturday	8:30am Step		9:45am Body Pump		

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.