

JOIN US FOR FUN MONTHLY EVENTS



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 25th	CLOSED	All Locations
Muffin Mingle	will resume in January 2024		

Brandy Watters
Fit60+ Coordinator
Brandy@CrossGatesClub.com
Facebook: CGFit60
CROSSGATESCLUB.COM

CG|FIT60+ | December 2023

CROSS GATES NEWS

Thursday, December 14th | 12:30pm
Gause Blvd. Location

Sign up at the Front Desk at any location to bring your favorite party food or holiday treat

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.

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

Monday	8:30am Body Pump <div>A</div>	9:30am Spin <div>A</div>	10:00am Zumba <div>A</div>	11:15am Active Yoga <div>A</div>	6:00pm Barre (moving to Gause 11/20) <div>A</div>
Tuesday	8:30am Yoga for Athletes <div>A</div>	10:00am PiYO <div>A</div>	11:15am Silver Sneakers <div>G</div>	5:30pm Hip Hop Spin <div>A</div>	6:00pm Hip Hop Zumba <div>A</div>
Wednesday	9:30am Les Mills Core (45 min) <div>A</div>	11:00am Active Yoga <div>A</div>	5:30pm Body Pump <div>A</div>		
Thursday	8:30am Spin <div>A</div>	9:30am Body Pump <div>A</div>	11:15am Silver Sneakers <div>G</div>		
Friday	8:30am Spin <div>A</div>	8:30am Step Challenge <div>A</div>	9:45am Body Combat <div>A</div>	10:30am Pilates (30 min) <div>A</div>	11:00am Beginner Yoga Flow <div>A</div>
Saturday	8:30am Step Challenge <div>A</div>		9:45am Body Pump <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.