

JOIN US FOR FUN MONTHLY EVENTS




Special Events **Seminars** **Muffin Mingle** **BUNCO** **PoKeNo** **Bingo**

Activity	Date	Time	Location
Coffee & Conversations	Weekly on Wednesdays	8:00am-10:00am	Pontchartrain Drive
Bingo \$5 to play	Wednesday, April 3rd	12:30pm	Military Studio One
Bunco \$5 to play	Monday, April 8th	12:30pm	Gause Mind Body Studio
SMH/Ochsner Seminar (Blood Pressure Screening)	Monday, April 15th	12-12:45pm	Gause Blvd. Location
Pokeno \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, April 16th	12:30pm	Pontchartrain Studio One
Springtime Potluck w/Live Music by Santi Sign up at Any Front Desk	Wednesday, April 17th	12:30pm-2:30pm	Military by the pool
Coffee & Muffin Mingle	Monday, April 22nd	10:15am	Gause Blvd. Cafe
Pastels, Pearls, & Girls (Tickets available at front desk)	Saturday, April 27th	6-10:30pm	Military Rd. Location



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CG | FIT60+

APRIL
2024

CROSS GATES NEWS



Pastels, Pearls & The Girls
Spring Soirees

An Evening Of Live Music Celebrating Women:
Charity Fundraiser Benefiting Rainbow Child Care Center
Wear Your Statement Pearls & Pastels For The Spring

Saturday, April 27, 2024
6-10:30pm

Live Performance By: Tyler Kinchen & The Right Pieces
A sultry and southern sound, playing everything from pop and R&B classics to your favorite covers and original songs. This eclectic and electric unit sets forth an enthusiastic performance of might and passion that shoots up from the rich history of the cultural junction that is Southeast Louisiana!

Silent Auction Benefiting My Girlfriend's Closet
Nominate An Empowering Slidell Woman For A Shopping Spree & Spa Day

FASHION SHOW | DOOR PRIZES
A WEEK OF SHOPPING FOR A CAUSE

Available For Purchase: *Bites From Fancy Food Trucks & Cash Bar*


GENERAL ADMISSION TICKETS \$40
LIMITED NUMBER VIP SPONSORSHIP TABLES

Cross Gates Family Fitness | 200 N. Military Road | Slidell, Louisiana | 985.214.2922

Spring Potluck
Wednesday, April 17th
12:30 - 2:30 at Military Rd.



Live Music with Santi
In outdoor pavillion
Sign Up Any Front Desk



Blood Pressure Screening:
Monday, 4.15 | 12-12:45pm
Gause Blvd. Location

Save the date....

You don't want to miss this!!!! Championship Special Event: **Live Music with Missi from Witness.** Saturday, 5.18 11am-1pm



CLASS SCHEDULE

MILITARY RD. LOCATION	Monday	8:30am Spin A	9:00am Aqua Aerobics GA	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min) A	11:15am Zumba Gold GA	12:00pm-3:00pm Pickleball Open Play A	5:30pm Spin A	5:30pm Active Yoga Flow A
	Tuesday	8:00am - 12:00pm Pickleball Open Play A	9:00am Aqua Aerobics GA	9:30am Les Mills Core (45 min) A	10:15 am Pilates A	10:30am Dance Gold 11:00am Active Yoga A	12:30pm Int/Adv Line Dancing A	6:00pm Beginner Yoga Flow A
	Wednesday	8:30am Spin A	9:00am Aqua Zumba GA	9:30pm SOULfusion A	11:15am Flexercise G	12:00pm - 3:00pm Pickleball Open Play A	5:30pm - 9:00pm Pickleball Open Play A	5:30pm Spin A
	Thursday	8:00am - 12:00pm Pickleball Open Play A	9:00am Aqua Aerobics 9:30am SOULfusion A	10:15am Pilates (30min) A	11:00am Active Yoga A	11:15am Silver Yoga: Seated Chair G	12:30pm Int/Adv Line Dancing A	5:30pm Body Pump 6:30pm Les Mills Core 30min A
	Friday	8:30am Spin A	9:00am Aqua Zumba GA	9:30am Barre A	10:00am Body Pump A	11:15am Silver Sneakers G	12:00pm - 3:00pm Pickleball Open Play A	
	Saturday	8:30am Intermediate Yoga (75 min) A	8:30am Spin A					
	Sunday	9:00am Spin A	10:15am Body Pump 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. | **Dance Gold** - A low impact, high energy dance class for active adults focusing on music from 50s, 60s & 70s.

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

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