## JOIN US FOR FUN MONTHLY EVENTS









Muffin **BUNCO** PoKeNo Mingle

Bingo

Activity	ctivity Date		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	
<b>Pokeno</b> \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, April 16th	12:30pm	Pontchartrain Studio One	
<b>Springtime Potluck</b> 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	
<b>Pastels, Pearls, &amp; Girls</b> (Tickets available at front desk)	Saturday, April 27th	6-10:30pm	Military Rd. Location	



**Brandy Watters** Fit60+ Coordinator Brandy@CrossGatesClub.com

Facebook: CGFit60 **CROSSGATESCLUB.COM** 





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

## **APRIL** 2024 CROSS GATES NEWS

### **Spring Potluck**

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

> Live Music with Santi In outdoor pavillion

Sign Up Any Front Desk

**CROSS GATES** 

CHAMPIONSHIPS



**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

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# CG FIT60+

MILITARY RD. LOCATION	Monday	8:30am Spin	9:00am Aqua Aerobics	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min)	<b>11:15am</b> Zumba Gold	12:00pm- 3:00pm Pickleball Open Play	<b>5:30pm</b> Spin	5:30pm Active Yoga Flow
	Tuesday	8:00am - 12:00pm Pickleball Open Play	9:00am Aqua Aerobics	9:30am Les Mills Core (45 min)	<b>10:15 am</b> Pilates	10:30am Dance Gold 11:00am Active Yoga	<b>12:30pm</b> Int/Adv Line Dancing	<b>6:00pm</b> Beginner Yoga Flow
	Wednesday	A 8:30am Spin	GA 9:00am Aqua Zumba	A 9:30pm SOULfusion	A 11:15am Flexercise	A 12:00pm - 3:00pm Pickleball Open Play A	5:30pm - 9:00pm Pickleball Open Play	A 5:30pm Spin
	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 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	
	Saturday	8:30am Intermediate Yoga (75 min)	8:30am Spin					
	Sunday	9:00am Spin	10:15am Body Pump					

### **PROGRAM DESCRIPTION**

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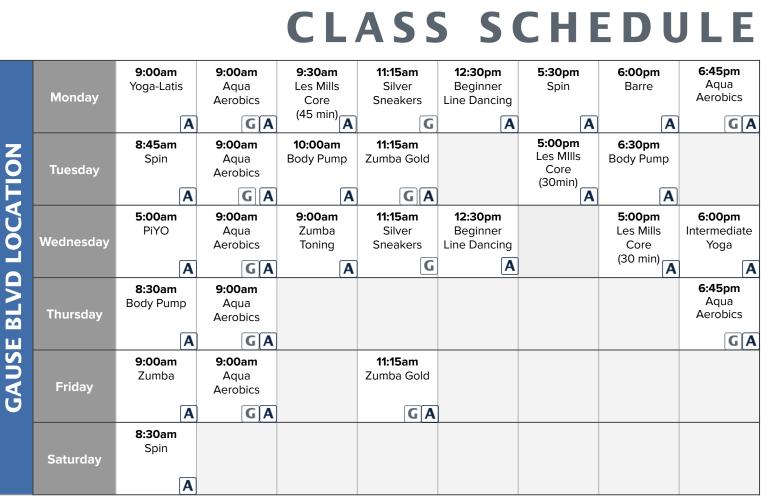
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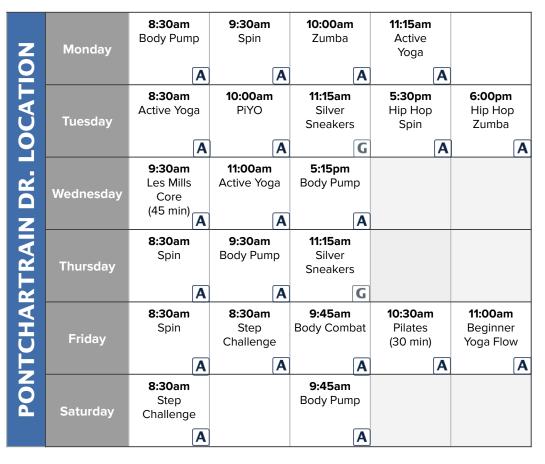
Active: These programs are for the mobile individual actively engaged in life but may want modifications such as low to zero impact while still having the options for intensity.

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. 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.





#### **Other Activities Available:**

LiveFlt Total Wellness

CG | Circuit

**Pickleball** 

Tennis

Racquetball

Personal Training

Physical Therapy

*Need more help? Schedule* a free Fitness Consultation at the Front Desk.