

# 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
<b>Bingo</b> \$5 to play	Wednesday, May 1st	12:30pm	Military Studio One
<b>Bunco</b> \$5 to play	Monday, May 13th	12:30pm	Gause Mind Body Studio
<b>MVP Awards &amp; Championship Concert</b> <i>With Missy from Witness</i>	Saturday, May 18th	10:45am Awards Ceremony 11:00am Witness	Military Rd. Location
<b>SMH/Ochsner Seminar</b> <i>APEX Hospice Care</i>	Monday, May 20th	12:30pm	Gause Blvd. Location
<b>Pokeno</b> \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, May 21st	12:30pm	Pontchartrain Studio One
<b>Coffee &amp; Muffin Mingle</b>	Monday, May 27th	10:15am	Gause Blvd. Cafe

# CG | FIT60+

MAY  
2024

## CROSS GATES NEWS

### Special Fit60+ MVP Presentation

Join us for our annual MVP selections. Come cheer on your friends--it might even be YOU!



Live Music w/ Missi from Witness  
Jambalaya & Beer

Saturday May 18th 10:45am  
At Military Rd.



**MAY 13 THRU 18**

CG Members are The Best of THE Best,  
**WE CAN'T WAIT TO CELEBRATE YOU!**

### MVP Recognition | Week of May 13th

In all of our club programs:  
Group Exercise, LiveFit, CrossFit,  
Tennis and Pickleball

### Championship Saturday | May 18th

930am Bench Press Competition (\$15 Entry)  
10am CG Tennis Championships Final Bracket (\$15 Entry)  
10:45am Fit60+ MVP Awards

### Concert & Afterparty | May 18th

11am - 1:30pm  
Missi From Witness ... Enjoy Music, Jambalaya,  
Snacks, Beer & Championship Award Ceremonies



### APEX HOSPICE CARE:

Monday, 5.20 | 12:30pm  
Gause Blvd. Location



### Brandy Watters

Fit60+ Coordinator  
Brandy@CrossGatesClub.com

Facebook: CGFit60

CROSSGATESCLUB.COM



20  24

## 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.*