

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, November 6th	12:30PM	Military Studio One
BUNCO \$5 to play	Monday, November 11th	12:30PM	Gause Mind Body Studio
POKENO \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, November 19th	12:30PM	Pontchartrain Studio One
Thanksgiving Potluck <i>Sign up at any front desk and bring a treat to share</i>	Thursday, November 21st	12:30PM	Sports Complex Military Rd.
MUFFIN MINGLE	Monday, November 25th	10:15AM	CG Gause Cafe

Aches & Pains?
Recovering from Surgery?

Let Physical Therapy Help You.

Free Consultations For Members Available at All Locations



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CROSSGATESCLUB.COM



CG | FIT60+

November
2024

CROSS GATES NEWS

THANKSGIVING POTLUCK

Please join us on
Thursday, November 21st
12:30pm
Military Rd. Location
Sports Complex



- The club will provide Turkey, drinks and paper products.
- Sign up to bring a dish at the Front desk (Sign up sheet is at all 3 Front Desks) All clubs are invited!
- Free Guest Event, bring anyone that needs some holiday cheer!

BLACK FRIDAY Fit 60+ CLASS

All regular classes canceled. All members can join us at Military Rd. for
11:15am Fit60+ Silver Sneakers



CLASS SCHEDULE

MILITARY RD. LOCATION	Monday	8:30am Spin A	9:00am Aqua Zumba G A	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min) A	11:15am Zumba Gold G A	5:30pm Active Yoga A	5:30-6:30 Intro to Pickleball (1st & 3rd Mon of month) A	5:45pm Spin (45min) A
	Tuesday	10:00am - 12:00pm Pickleball Indoor Open Play A	9:00am Aqua Aerobics G A	9:30am Les Mills Core (45 min) A	10:15 am Pilates 10:30am Dance Gold A	11:00am Active Yoga 12:30pm Line Dancing A	6:00pm Beginner Yoga Flow A	6:15pm Spin (45min) A
	Wednesday	8:30am Spin A	9:00am Aqua Aerobics G A	9:30am SOULfusion A	11:15am Flexercise G			
	Thursday		9:00am Aqua Aerobics A	9:30am SOULfusion 10:15am Pilates (30min) A	11:00am Active Yoga A	11:15am Silver Yoga: Seated Chair G	12:30pm Int/Adv Line Dancing A	5:00pm Les Mills Core 30min 5:30pm Body Pump A
	Friday	8:30am Spin A	9:00am Aqua Zumba G A	9:30am Barre A	10:00am Body Pump A	11:15am Silver Sneakers G	6:00-7:30pm Pickleball Instructional Drills (Beginner, Intermediate) A	
	Saturday	7am-9am Pickleball Indoor Open Play(Must Reserve Nets) A	8:30am Intermediate Yoga (75 min) A					
	Sunday	9:00am Spin A	10:15am Body Pump A					

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

PONTCHARTRAIN DR. LOCATION	Monday	9:00am Core & More Strength A	9:30am Zumba A	11:00am Active Yoga A		5:30pm Beginner Yoga Flow A
	Tuesday	8:30am Active Yoga A		11:15am Silver Sneakers G		5:30pm Hip Hop Spin A
	Wednesday	8:30am Step A	9:30am Core & More Strength A	11:00am Active Yoga A		
	Thursday	8:30am Spin A		11:15am Silver Sneakers G		6:00pm Hip Hop Zumba A
	Friday	8:30am Intermediate Step A		11:00am Beginner Yoga Flow A		
	Saturday					

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.

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.