

# JOIN US FOR FUN MONTHLY EVENTS

12:30PM



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

Activity	Date	Time	Location
Coffee & Conversations	Weekly on Wednesdays	8:00AM-10:00AM	Pontchartrain Drive
<b>NEW YEAR'S DAY!</b>	<b>ALL CLASSES ARE CANCELED</b>	<b>8:00AM-2:00PM</b>	<b>Pontchartrain Drive Open Fitness Floor Only</b>
<b>BINGO</b> \$5 to play	Wednesday, 1.08	12:30PM	Military Studio One
<b>BUNCO</b> \$5 to play	Monday, 1.13	12:30PM	Gause Mind Body Studio
<b>POKENO</b> \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, 1.21	12:30PM	Pontchartrain Studio One
<b>Fit60+ Luncheon</b>	Wednesday, 1.22	12:30PM	CG Military Cafe
<b>MUFFIN MINGLE</b>	Monday, 1.27	10:15AM	CG Gause Cafe
<b>SMH Seminar</b>	Monday, 1.27	12:30PM	Gause Mind Body Studio

# CG | FIT60+ | JANUARY 2025

## CROSS GATES NEWS



Can you complete **25 Classes in 2025?**

*Set a goal and keep track of your classes by scanning in at every class!*

When you reach your goal, you earn your 25 in 25 recognition and bragging rights!



SCAN HERE TO LOG YOUR CLASS



**TRACKING YOUR NUTRITION FOR REAL RESULTS**

*Free Member Seminar*

with Rendi Jancas, National Board Certified Health & Wellness Coach

**COME LEARN**

- The benefits of food journaling
- How to use a food tracking app
- The power of small habit changes
- Perks of Meal Prepping



KEEPING IT REAL MEALS

Enjoy **FREE Samples** and **Member Discounts** from **Keeping It Real Meals** with Owner **Nancy Cook**

**Wednesday, January 15th**  
6:30pm at Military Road Location



**Brandy Watters**

Fit60+ Coordinator  
Brandy@CrossGatesClub.com

Facebook: CGFit60

CROSSGATESCLUB.COM



# FIT60+ LUNCHEON

**Wednesday, January 22nd | 12:30 at pm Military Rd.**  
Pre-Register At Military Front Desk by Friday 1.17

## 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	5:30-6:30 Intro to Pickleball (1st & 3rd Monday of month) 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 Intermediate Yoga A	6:15pm SpinERGY (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 & Stretch A	11:15am Silver Sneakers G	12:30pm Beginner Line Dancing A		5:00pm Les Mills Core (30 min) A	6:00pm Active 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	8:30am Spin A							

PONTCHARTRAIN DR. LOCATION	Monday	9:00am Core & More Strength A	9:30am Dance Fusion 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	9:30am Dance Fusion A	11:15am Silver Sneakers G		5:30pm Hip Hop Spin 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.*