

# 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, 4/2	12:30PM	Military Studio One
Spring Health Fair	Thursday, 4/10	10-12:30PM	Pontchartrain Drive
BUNCO \$5 to play	Monday, 4/14	12:30PM	Gause Mind Body Studio
POKENO \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, 4/15	12:30PM	Pontchartrain Studio One
MUFFIN MINGLE	Monday, 4/28	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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# CG|FIT60+ | APRIL 2025

## CROSS GATES NEWS

### SPRING HEALTH FAIR

Thursday, April 10th | 10am - 12:30pm  
at Pontchartrain Dr.

- The Importance of Mobility Seminar:**  
Safe and easy stretches you can do at home even in a chair! Fitness Director Zach Landy 12:10pm

- Movement Screenings**

- Memory Loss Prevention Testing**

SAMPLES FROM:

## FIT60+ LUNCHEON

*A look ahead..... Mark you calendars for our next Luncheon on May 5th for Cinco De Mayo!*

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

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.

CLASS SCHEDULE

Monday	9:00am Yoga-Latis <div>A</div>	9:00am Aqua Aerobics <div>G</div> <div>A</div>	9:30am Les Mills Core (45 min) <div>A</div>	11:15am Silver Sneakers <div>G</div>	12:30pm Beginner Line Dancing <div>A</div>	5:30pm Spin (45min) <div>A</div>	6:00pm Barre <div>A</div>	6:45pm Aqua Aerobics <div>G</div> <div>A</div>
Tuesday	8:45am Spin <div>A</div>	9:00am Aqua Aerobics <div>G</div> <div>A</div>	10:00am Body Pump <div>A</div>	11:15am Zumba Gold <div>G</div> <div>A</div>		5:00pm Les Mills Core (30min) <div>A</div>		
Wednesday	5:00am PiYO <div>A</div>	9:00am Aqua Aerobics <div>G</div> <div>A</div>	9:00am Zumba Toning &Stretch <div>A</div>	11:15am Silver Sneakers <div>G</div>	12:30pm Beginner Line Dancing <div>A</div>		5:00pm Les Mills Core (30 min) <div>A</div>	6:00pm Active Yoga <div>A</div>
Thursday	8:30am Body Pump <div>A</div>	9:00am Aqua Aerobics <div>G</div> <div>A</div>	9:30am Spin (45min) <div>A</div>			5:00pm Body Pump <div>A</div>		6:45pm Aqua Aerobics <div>G</div> <div>A</div>
Friday		9:00am Aqua Aerobics <div>G</div> <div>A</div>	9:30am Zumba <div>A</div>	11:15am Zumba Gold <div>G</div> <div>A</div>				
Saturday	8:30am Spin <div>A</div>							

Monday	8:45am Core & More Strength <div>A</div>	9:30am Dance Fit Fusion <div>A</div>	11:00am Active Yoga <div>A</div>		5:30pm Beginner Yoga Flow <div>A</div>
Tuesday	8:30am Active Yoga <div>A</div>		11:15am Silver Sneakers <div>G</div>		5:30pm Hip Hop Spin <div>A</div>
Wednesday	8:30am Step <div>A</div>	9:30am Core & More Strength <div>A</div>	11:00am Active Yoga <div>A</div>		
Thursday	8:30am Spin <div>A</div>	9:30am Dance Fit Fusion <div>A</div>	11:15am Silver Sneakers <div>G</div>		5:30pm Hip Hop Spin <div>A</div>
Friday	8:30am Intermediate Step <div>A</div>		11:00am Beginner Yoga Flow <div>A</div>		
Saturday					

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.