



Virtual Exercise Class Schedule

Tues. 12/7/20 - Thurs. 12/10/20

Monday	Tuesday	Wednesday	Thursday
December 7th	December 8th	December 9th	December 10th
Tai Chi 10:30-11 am Kayla	Low Impact Aerobics 11-11:30 am Theresa	Tai Chi 10:30-11 Kayla	Low Impact Aerobics 11-11:30 am Theresa
Total Body Circuit 12-12:30 pm Kayla	Gentle Mat Yoga 12-12:30 pm Theresa	Total Body Circuit 12-12:30 pm Kayla	Gentle Mat Yoga 12-12:30 pm Theresa
	SilverSneakers® Classic 2:00-2:45pm Theresa	Chair Yoga 2:00-2:45pm Kayla	SilverSneakers® Classic 2:00-2:45pm Theresa

CLASS DESCRIPTIONS

Chair Yoga: Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity. All exercises and stretches are done seated or standing. All fitness levels welcome. Sturdy chair is required.

Gentle Mat Yoga: Slow paced yoga flow for all levels. Classes move at a steady pace, slowly cycling through a series of floor based poses. Though you can expect a few standing poses, you'll spend the majority of class on your mat. Yoga mat and blanket encouraged.

Low Impact Aerobics: Cardio conditioning with an upbeat vibe. Increase your heartrate while minimizing the impact on your joints! Great for strengthening bones and improving your endurance. No equipment needed. Move at your own pace. All fitness levels welcome.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Optional equipment: Hand-held weights, elastic tubing with handles, and a ball. Sturdy chair is required for seated and/or standing support.

Tai Chi: Based on the 24 short form series, move through a sequence of gentle, physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion, focusing on strengthening core and lower body, and improving balance. Connect your mind, body and breathing to experience serenity through gentle movements. Chair required.

Total Body Circuit: Moderate to high intensity intervals focusing on total body fitness. If you're looking to switch up your usual exercise routine for a fat burning session, then this class is for you! Fitness mat and free weights encouraged.

All are Welcome! Join TODAY!

Email: ClubGAVirtualExercise@ga-er.org