

DECEMBER 2021

YES CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Freestyle Circuit		Freestyle Circuit		Freestyle Circuit	
	Aqua Fit		Aqua Fit		Aqua Fit	
9:00 am						Saturday Splash
9:45 am	YES Circuit Training		YES Circuit Training		YES Circuit Training	
	Renew Yoga & Meditation					
10:00 am - Noon	Open Play Pickleball	Open Play Pickleball		Open Play Pickleball		
10:50 am	Balance Training	Ageless Agility	Gentle Yoga	Balance Training	Gentle Yoga	
		Slow Flow Restorative Yoga				
4:30 pm	Renew Yoga & Meditation					
5:30 pm			Gentle Yoga			

Class Descriptions

Ageless Agility - A 45-minute moderate intensity workout that incorporates low-impact cardio, strength, flexibility, and joint range of motion. A variety of equipment will be used each week.

Aqua Fit - 8 Lane Pool: Work cardio and strength with minimal impact on your joints. These in the water classes create a challenging and fun atmosphere. Shake up your routine, hit the water, and enjoy the variety.

Balance Training - Mind Body: Get stronger and improve your balance through exercises that maintain strong leg muscles and prevent falls. You will strengthen the ankle, knee and hip joints, and improve overall body awareness

Free Style Circuit - Circuit Studio: A high energy class alternating strength and cardio to maximize the most efficient workout. Focus on fun, technique, core, and improve your body's metabolism. Great for baby Boomers!

Gentle Yoga - Mind Body: A calming, stress-relieving yoga class to stretch and strengthen the body gradually. This class focuses on the development of core strength, alignment, balance, postures, and breathing techniques that gradually build flexibility and strength. Emphasis is on building awareness of the breath and the body.

Renew Yoga & Meditation - Mind Body: A gentle flow class focused on the experience of being in your body and with your breath. Accessible to all levels, including beginners, this class is a combination of gentle & dynamic flow coupled with longer holds to help find alignment in our bodies and within ourselves.

Saturday Splash - 8-Lane Pool: This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back.

Slow Flow Restorative Yoga - Mind Body: Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes.

Y.E.S. Circuit Training - Circuit Studio: This total body workout combines cardiovascular, strength, and endurance in one exercise session.

Birthday Celebration

Monday
DECEMBER 6th
In the Cafe'

