AT ACAAA

HATHA YOGA
Ages 16 and older
Enjoy this extended yoga format that leaves you relaxed, flexible, strength-enanced and energized. Stress reduction and breathing techniques are used for total wellness.

Aug. 7-28
- Monday, 9-10 a.m.
- $25 ($20 Resident)

71255 Oct. 5-26
- Thursdays, 5:30-6:30 p.m.
- $16 ($13 Resident)

YIN YOGA
Ages 16 and older
A gentle and relaxing all-level class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine using extended holds of postures.

Aug. 5-26
- Saturday, 10:30-11:15 a.m.
- $25 ($20 Resident)

TOTAL FITNESS
Ages 50 and older
Get totally fit with a warm-up, low impact cardiovascular aerobics, strength training, and cool down stretching and flexibility exercises.

- Monday, 8-8:45 a.m.
- Monday/Tuesday/Thursday/Friday, 9-10 a.m.

MAT YOGA
Ages 50 and older
Practice the 8 limbs of classical yoga, including conscious breathing, gentle yoga postures, relaxation, and mindfulness meditation.

- Monday, 11 a.m.-noon
- Tuesday, 1-2 p.m.

ZUMBA
Age 50 and older
Dance your way to a fitter you with exciting and unique Latin moves and rhythms.

- Tuesday, 10:10-11:10 a.m.

SILVERSNEAKERS
CLASSIC
Ages 50 and older
This class focuses on strengthening muscles & increasing range of movement for daily life activities. Participants can use handheld weights, elastic tubing with handles & a SilverSneakers ball. Often a chair is used for seating exercises or standing support.

- Wednesday, 11 a.m.-noon

CHAIR YOGA
Ages 50 and older
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

- Wednesday, 1:00 - 2:00 p.m.

POP & ZUMBA
Ages 50 and older
Fun and full body cardio and core workout experience that tones muscles and improves balance. Empowers and energizes you using simple dance steps.

- Thursday, 10:10-11:10 a.m.

GLOBAL DANCE BEATS
Ages 50 and older
An upbeat cardio experience combining dance and drumming with squats and lunges targeting inner, outer, butt, core and more!

- Friday, 10:05-11:05 a.m.

SILVERSNEAKERS CIRCUIT
Ages 50 and older
Moving to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, resistance bands, and a SilverSneakers ball, and chair are used.

- Friday, 11:10 a.m.-12:10 p.m.
- Friday, 12:15 - 1:15 p.m.

WEIGHTROOM ORIENTATIONS
Ages 50 and older
This is a one hour complimentary information fitness orientation that will provide you with the basics of how to operate the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines. Call to make an appointment. Please note: an orientation is not a personal training session.

- Tuesday/Thursday, 9-10 a.m.
ZUMBA GOLD

Age 50 & older
A Latin-inspired dance workout with modified moves and pacing to suit the needs of all active older adults and beginning group exercisers.

• Wednesday, 12-12:45 p.m.

Specialty Fitness Classes