

CHRISTUS Good Shepherd Institute for Healthy Living

SENIORS PROGRAMING

Strength and Conditioning

All Ages and Stages is 50 minutes of strength and cardiovascular training geared toward the improvement of core, balance, joint stability and staying independent. Getting up and getting down on the floor is a must for this class. The goal is to help you live longer, stronger!

Express Circuit Training is a 30-minute workout utilizing standing exercises and the strength equipment on the fitness floor. In this circuit-style workout, you will move from machine to machine, stopping only to challenge your balance or isolate a specific muscle group with a body-weight exercise. You will be guided through the circuit by a personal trainer, who will finish the workout with a soothing stretch.

Move It or Lose It offers fun combined with fitness emphasizing cardiovascular and muscular power with a standing circuit workout. This class uses hand-held weights, elastic tubing and a ball, alternating strength with non-impact aerobic dance choreography. The chair is offered for support, stretching and relaxation exercises. **Great music great fun!!**

Senior Fitness is 45 minutes of fun, designed to increase muscular strength, range of movement and ease the activities of daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

Aqua & Zumba®

Aqua Motion Combining the simple equation of Water + Music + Resistance Exercise = A great way to get fit and keep your body in motion. You will use different resistance equipment in the cool waters of the lap pool and rock your cardio endurance, your strength and your core.

Aqua Zumba® Take your water exercise to a new level with Latin/International-inspired dance moves. This pool party will be a great workout for all fitness levels.

Early Morning Aqua Wake up to 60 minutes of cardio, strength and flexibility exercises that will give you a great workout while still easy on your joints.

Evening Water Works End your day with a fun and complete warm water workout in the resistance pool. Using different equipment and your own body resistance get fit with the upbeat music and ever-changing strength and cardio moves. Because...water works!

Noon Water Works Same great class as the evening happens mid-day...same soothing warm water workout!

Wave Dancing 60 minutes of the best low impact aquatic dance movements combined with strength training segments to work your whole body. It's so much fun you will never know you are working out!

Zumba® Gold is the same famous Latin/International-inspired workout designed for the active older adult or Zumba® beginner starting their journey to a fun fit and healthy lifestyle. Come join the party for the first time!

Zumba® Gold Toning blends the strength-training techniques of Zumba® Toning with the modified-moves of Zumba® Gold to create a workout for the active older adult and the Zumba® beginner.

Mind & Body

Advanced T'ai Chi At least 2 years practice in T'ai chi fundamentals is required. A more in-depth study of T'ai Chi, this class will focus on concentration and meditation.

Beginner T'ai Chi This 60 minute class is geared to teach the basics and foundations that are needed for progressions in T'ai Chi. T'ai Chi is an ancient art that uses gentle flowing movements to increase balance, coordination, flexibility, muscle strength, and stress relief.

Chair T'ai Chi is a gentle, safe and effective work out focusing on cultivating internal energy and strength. Chair T'ai Chi works to improve balance, coordination and helps to reduce stress. It will benefit seniors and people who are physically weak, recovering from injuries or illness or people who must be seated for long periods of time.

Senior Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. .

Senior Yoga Stretch Fundamentals Learn the basic fundamentals of chair Yoga. Chair support is offered to safely learn the basic chair Yoga postures. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

T'ai Chi 60 minutes of an ancient art that uses gentle flowing movements to increase balance, coordination, flexibility, and muscle strength. Practiced regularly, T'ai Chi can help you reduce stress and increase energy and stamina with an overall increased sense of wellbeing. Knowledge of basic T'ai Chi is preferred.

Express Circuit Training class tickets (one per person) will be passed out at the Trainers Desk 30 min before class begins.