

FITNESS CLASSES

UPDATED 1/17/23

GENTLE YOGA Mondays 3pm & Thursdays 10am: Instructor Phyllis Fabozzi. Yoga is a way of life. An integrated system of education for the body, mind, and inner spirit. Here are benefits of Gentle Yoga: relaxes the mind and body; soothes the nervous system; reduces chronic pain; improves sleep and wellbeing, and is gentle on the body.

SILVER SNEAKERS SPLASH (WATER AEROBICS) Mondays and Thursdays 8am: Instructor Robin Beals. Class is held at the Country Inn & Suites in Jonesborough. The classes are “pay as you go” by purchasing a “6-Class Card” at the Senior Center (or from Robin at the Country Inn) for \$21.00. Your card will be marked for each class attended, and can be used for any Silver Sneakers Splash class provided by the Jonesborough Senior Center. We encourage you to use the card, as making change is difficult. Proper water shoes are required. Cost: \$21.00 for 6 classes (\$3.50 each class).

SILVER SNEAKERS CLASSIC Mon, Wed, & Fri 9am: Instructors Robin Beals/Barbara Bogart.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated or standing support.

SILVER SNEAKERS CIRCUIT Mon, Wed, & Fri 10am: Instructors Robin Beals-/Barbara Bogart.

Combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

YOGALATES Tuesdays & Thursdays 3pm: Instructor Robin Beals. A type of exercise inspired by yoga and Pilates. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system. It combines the yogic focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong, stable foundation for movement. Yogalates is believed to be particularly effective for improving muscle tone, developing a slimmer, stronger physique and even weight loss.

KICKBOXING CLASS Thursdays 2pm: Instructor Robin Beals. Kickboxing is an aerobics class that includes punches and kicks; Karate combined with boxing. The class is for any age level, and focuses on balance, strength, and confidence. Kickboxing is a great way to relieve stress.

CHAIR YOGA Wednesdays 3pm: Instructor Robin Beals. Regardless of your age, Chair Yoga provides the same benefits of a traditional Yoga practice, but with the support of a chair. If you have concerns with getting up and down on the floor, maintaining balance or are suffering from injuries or chronic conditions, this class is perfect for you. Chair Yoga increases your strength, flexibility, range of motion, balance, and helps to reduce stress.

FUN PUMP AND STRETCH Wednesdays 2pm: Instructor Robin Beals. This class uses weights and focuses mainly on strengthening, toning, and stretching various muscle groups. The stretching at the end of the class will be a wonderful, stress relief and will leave you feeling exhilarated and ready to take on the rest of your day!

ZUMBA Tuesdays 2pm: Instructor Robin Beals. This is a fun and energetic fitness class with a Latin flair! We combine Zumba with Zumba Toning, and use maraca type weights. Be sure to wear comfortable clothes and comfortable shoes, with sturdy support. Remember: anyone can do Zumba. So, try this fun, new way to lose weight, feel good and look better -- all by having fun!

LIFE FIT CLASSES Mondays 2pm: Instructor Robin Beals. Life Fit is a variety of classes featuring Step, Pound, CrossFit, Tabata, Beginning Zumba, Barre, Drums Alive. Below is a description of featured Life Fit classes. See the schedule to see which style will be featured each week:

Step: Step Aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, as well as to strengthen your muscles.

Pound: An exercise class with rock-star flair, is quickly gaining fans. The class consists of drumming, cardio and strength training. ... The instructors don't just play music while people workout. Rather, participants – who call themselves the Pound Posse – help create the tunes with weighted drumsticks called Rip Stix.

CrossFit:

A form of high intensity interval training, CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing etc.

Tabata:

This interval training is one of the most effective types of high intensity interval training. Through a variety of simple -- yet intense exercises -- each class will blast the calories and provide noticeable results in a short amount of time. You will work for 20 seconds, and then rest for 10 second intervals. You can do "anything" for 20 seconds!

Barre: Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can." In addition to building strength, this full-body workout also develops agility and flexibility.

Drums Alive: Using rhythm as the source of inspiration to discover a new group fitness experience; Drums Alive® combines the benefits of a traditional physical fitness program, with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially!

Instructor Sue Ayers: \$5.00 per class. Thursdays 4:30pm-5:45pm

Line Dancing

Come join our fun and friendly group for physical and mental exercise as we dance to a variety of music. Basic line dance step knowledge is helpful, but not necessary. Dances covered range from absolute beginner to advanced beginner/improver level. For questions, email Sue (instructor) at pupstergal@yahoo.com.

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