

# COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

207-876-4813

[www.comfitme.com](http://www.comfitme.com)

Class Schedule July-August  
2021

Classes Subject to Change

Classes  
FREE for Members  
\$5 with Day Pass

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>8-9AM</b> Gentle Awakening Yoga w/Gayle	<b>8:30-9AM</b> HIIT w/Britney	<b>8-9AM</b> Tai Chi w/Wayne in Orchid Rm <b>8:30-9AM</b> Core w/Britney	<b>8:30-9AM</b> Strength & Conditioning w/Britney	<b>8-9AM</b> Gentle Awakening Yoga w/Gayle	<b>Saturday</b> <b>9:30-10:30AM</b> Tae Kwon Do W/ Shirley
<b>9:30-10:15AM</b> Silver Sneakers Classic II	<b>9:15-11:15AM</b> Pickleball	<b>9:30-10:15AM</b> Silver Sneakers Classic II	<b>9:15-11:15AM</b> Pickleball	<b>9:30-10:15AM</b> Silver Sneakers Classic II	<b>Sunday</b> <b>10AM-12PM</b> Pickleball
<b>10:30-11:00AM</b> Silver Sneakers Classic		<b>10:30-11:00AM</b> Silver Sneakers Classic		<b>10:30-11:00AM</b> Silver Sneakers Classic	
<b>11:15-11:45AM</b> Silver Sneakers Classic w/Terri		<b>11:15-11:45AM</b> Silver Sneakers w/Kelli		<b>11:15-11:45AM</b> Silver Sneakers Classic w/Terri	
			<b>4:30-6:00PM</b> Tae Kwon Do w/Shirley	<b>Preregistration is required for SilverSneakers classes</b>	

## Class Descriptions

**Adaptive Fitness:** This class is focused on range of motion, balance, strength and agility for participants with developmental disabilities. **Preregistration required.**

**Chisel & Burn:** This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, resistant training and finishes with core training and stretching for a complete workout. All fitness levels.

**Core:** This quick class will strengthen from hips to shoulders with a primary focus on strengthening the abdominal and back muscles. Weights and equipment will be used in addition to body weight exercises. Modifications are available for individual abilities.

**Gentle Awakening Yoga:** Set the tone of your day. Every class is a little different but they all include strengthening, stretching, and balancing the physical body. Attention is given to movement with the breath and cultivating a holistic sensitivity. Class ends with a short guided meditation. All levels are welcome. We use blankets, blocks, straps, & sometimes chairs or the wall for props. Bring a smile and an open mind. Every body can do yoga! Please bring your own mat and props if you have them. We do have mats available if needed.

**Lift 101:** In this class participants will learn how to properly and safely use a variety of weight lifting equipment and how to create a workout plan focusing on 3-4 pieces of equipment each week. The goal of this class is to help you feel more comfortable and confident when you workout independently. **Sign up at lobby desk required.**

**Lunch Break Stretch:** This isn't your typical gym class. Come in your work clothes! Dress clothes, Carhart and scrubs are all welcome! In this class we will focus on static stretching the full body to prepare ourselves to finish the work week feeling refreshed and energized. Stretches will focus on posture and relieving tight muscles from repetitive work, standing or sitting. This class can be done in clean gym shoes, barefoot or in socks.

**Pickleball:** This paddle ball sport is a blend of badminton, ping pong and tennis. It uses a large ping pong style paddle to hit a whiffle ball over a low net.

**SilverSneakers:** Classes are 30 to 45 minutes. Classes are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to music through a variety of exercises, designed to increase strength, range of motion and balance, supporting activities for daily living. We use a variety of equipment including a chair for seated exercises and standing support. These classes are low impact training suitable for beginners to intermediate skill level and can be adapted to meet all fitness abilities. Bring a bottle of water and wear comfortable clothing and footwear appropriate for exercise. Please come a few minutes early to gather provided equipment for each class so that we can begin on time. **Preregistration required.**

**Strength & Conditioning:** 1/2 hour class! After a quick warm up we will use a variety of equipment to get a full body workout. You will leave knowing you have hit all the major muscle groups.

**Tae Kwon Do:** This martial arts program is for all ages and abilities. Learn about self defense, discipline and get a workout at the same time.

**Tai Chi\*\*:** An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

**Tumbling & Cheer Clinic\*\*:** This program focuses on technique and strength in tumbling, jumps, stunting and more for participants in grades 3-12.