

COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

Classes marked ** have a fee.

www.comfitme.com

Class Schedule September 28th 2020

Classes Subject to Change

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|----------|
| <p>8-9 AM Gentle Awakening Yoga w/Gayle</p> <p>9:30-10:15 AM Silver Sneakers II</p> <p>10:30-11:00AM Silver Sneakers Basic</p> <p>11:15-11:45 AM Silver Sneakers Basic</p> <p>5:15-6:00 PM Chisel & Burn w/Wendy</p> | <p>8-8:30 AM Core & Cardio w/Gayle</p> <p>5:15-6:00 PM Low Impact HIIT w/Britney</p> | <p>8:30AM Tai Chi ** w/Wayne Ripley</p> <p>9:30-10:15AM Silver Sneakers II</p> <p>10:30-11:00AM Silver Sneakers Basic</p> <p>11:15-11:45AM Silver Sneakers Basic</p> <p>5:15 PM ZUMBA wBeth</p> | <p>8-9 AM Gentle Awakening Yoga w/Gayle</p> | <p>8-8:30 AM Muscles & Music w/Gayle</p> <p>9:30-10:15AM Silver Sneakers II</p> <p>10:30-11:00AM Silver Sneakers Basic</p> <p>11:15-11:45AM Silver Sneakers Basic</p> | |

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. "covid rules". We do have mats available if needed.

Core & Cardio 1/2 hour class! We use 20/10 and/or 30/15 second or 60/60 intervals of work/active rest to strengthen your core and boost your heart rate to burn calories for hours after you're done.

Muscles & Music 1/2 hour class! All muscle set to music of the day. Blues, Pop, Country, Rock, Oldies, whatever the day is, you'll get 1/2 hour of the hits in that genre.

SilverSneakers Basics - 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 light weights, elastic tubes with handles and small balls for resistance. A chair is used 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. **Pre registration required.**

HIIT is a 45 minute high intensity interval training that uses cardio exercises to increase your heart rate with active breaks between. In this class we will work up a sweat with easy to follow, low impact moves. Modifications are offered for exercises to fit participants physical needs. This class will wrap up with an extended cool down and stretch to leave you feeling refreshed.

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.