

# COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

Classes marked \*\* have a fee.

www.comfitme.com

Class Schedule January 2021

Classes Subject to Change

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8-9AM</b> Gentle Awakening Yoga w/Gayle</p> <p><b>9:30-10:15AM</b> Silver Sneakers Classic II</p> <p><b>10:30-11:00AM</b> Silver Sneakers Classic</p> <p><b>11:15-11:45AM</b> Silver Sneakers Classic</p> <p><b>5:15-6:00PM</b> Chisel &amp; Burn w/Wendy</p> <p><b>6:15PM</b> Pickleball</p>	<p><b>8:30-9AM</b> Strength &amp; Conditioning w/Britney</p> <p><b>9:15-11:15AM</b> Pickleball</p> <p><b>11:30-12:30PM</b> Homeschool Open Gym</p> <p><b>5:15-5:45PM</b> Core w/Britney</p>	<p><b>8AM</b> Tai Chi ** w/Wayne Ripley in New Grp Ex Rm</p> <p><b>8:30-9AM</b> Core w/Britney</p> <p><b>9:30-10:15AM</b> Silver Sneakers Classic II</p> <p><b>10:30-11:00AM</b> Silver Sneakers Classic</p> <p><b>11:15-11:45AM</b> Silver Sneakers Classic</p> <p><b>5:15-6:30PM</b> P.U.F.F. &amp; Zumba W/Beth</p> <p><b>6:30PM</b> Pickleball</p>	<p><b>8:30-9AM</b> Strength &amp; Conditioning w/Britney</p> <p><b>9:15-11:15AM</b> Pickleball</p> <p><b>11:30-12:30PM</b> Homeschool Open Gym</p> <p><b>4:30-6:00PM</b> Tae Kwon Do w/Shirley</p>	<p><b>8-9AM</b> Gentle Awakening Yoga w/Gayle</p> <p><b>9:30-10:15AM</b> Silver Sneakers Classic II</p> <p><b>10:30-11:00AM</b> Silver Sneakers Classic</p> <p><b>11:15-11:45AM</b> Silver Sneakers Classic</p> <p><b>*Preregistration is required for all SilverSneakers classes.</b></p>	<p><b>9:30-10:30AM</b> Tae Kwon Do w/Shirley</p>

## Class Descriptions

**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.

**Low Impact HIIT:** is a 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.

**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 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.**

**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.

**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.

**Zumba:** Come, let loose and shake off the stress of the day in this Latin inspired dance cardio class. You will have so much fun, you won't even know you are exercising!