

COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

Classes marked ** have a fee.

www.comfitme.com

Class Schedule December 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>9:30-10:15AM Silver Sneakers II</p> <p>10:30-11:00AM Silver Sneakers Basic</p> <p>11:15-11:45AM Silver Sneakers Basic</p> <p>5:15-6:00 PM Chisel & Burn w/Wendy</p> <p>6:15 PM Coached Pickleball</p>	<p>8:30-9 AM Strength & Conditioning w/ Britney</p> <p>9:15-11:15A M Pickleball</p> <p>11:30-12:30PM Homeschool Open Gym</p> <p>5:15-6:00 PM Low Impact HIIT w/Britney</p>	<p>8AM Tai Chi ** w/Wayne Ripley in New Grp Ex Rm</p> <p>8:30-9AM Core w/Britney</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>5:15-6PM Zumba W/Beth</p> <p>6:15PM Advanced Pickleball</p>	<p>8:30-9AM Low Impact HIIT</p> <p>9:15-11:15 Pickleball</p> <p>11:30-12:30PM Homeschool Open Gym</p> <p>4:30-6:00 PM Tae Kwon Do</p>	<p>8-9 AM Gentle Awakening Yoga 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>	<p>9:30-10:30 AM Tae Kwon Do</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: 1/2 hour class! This quick class will primarily focus on strengthening the abdominal and back muscles. **Class will be held in the new group exercise room.*

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.

Low Impact 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.

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.**

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!