

COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

Classes marked ** have a fee.

www.comfitme.com

Class Schedule Summer 2019

Classes Subject to Change

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8 AM Gentle Awakening Yoga w/Gayle</p> <p>9:45 AM Silver Sneakers Intermediate w//Terri</p> <p>11 AM SilverSneakers1 Classic w//Terri</p> <p>Pickleball Noon</p> <p>5:15-5:45 PM Dirty Thirty w/ Wendy</p> <p>6PM-7PM Pickleball All Levels Welcome</p>	<p>8 AM Morning Burn w/ Gayle</p> <p>9-10 AM Pickleball All Levels Welcome</p> <p>3:55-5PM Spin on the stage (no instructor)</p>	<p>7-8 AM **Tai Chi w/Wayne</p> <p>8 AM Gentle Awakening Yoga w/Gayle</p> <p>9:45 AM Silver Sneakers Intermediate w//Terri</p> <p>11 AM SilverSneakers I Classic w//Terri</p> <p>Pickleball Noon</p> <p>5:15-6PM Total Body Fit w/Wendy</p> <p>6PM-7PM Pickleball All Levels Welcome</p>	<p>8 AM Morning Burn w/ Gayle</p> <p>9-10 AM Pickleball All Levels Welcome</p> <p>5:15-5:4PM Tabata w/Wendy begins 5/30/19</p>	<p>9:45 AM Silver Sneakers Intermediate w//Terri</p> <p>11 AM SilverSneakers I Classic w//Terri</p> <p>Pickleball Noon</p>	<p>7:30-8:30 Spin Club</p> <p>8:30-10:30 Pickleball</p>

Total Body Fit: Increase your strength and torch calories in the this 45 minute total body class. Resistant training intervals using dumbbells, tubing, balls and more. Cardio intervals using steps, glides, dice, cards and more. All exercises can be modified or intensified. Total Body Fit is suitable for all fitness levels.

Dirty 30 - a HIIT class, high intensity interval training using tubing, bands, weights, bodyweight.

Tabata - Intervals of high/moderate intensity and rest.

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!

Morning Burn: We use 20/10 and/or 30/15 second or 60/60 intervals of work/active rest to tone muscles and ramp up the cardiovascular system to BURN calories all day long. All levels and ages are welcome as these exercises are easily adaptable. We use body weight, tubes, hand held weights, gliders, step benches, chairs, fitness balls, walls, etc.

SilverSneakers Intermediate 9:45-10:30 SilverSneakers Classic 11:00-11:45 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. Class placement will be determined based on each member's needs, abilities and class size. 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.

For information on PUFF and Fit Happens please go to www.comfitme.com and click on the buttons.