

SENIOR GROUP FITNESS CLASSES

MONDAY

10:00 - 10:50 a.m.

Suzy
Chair Yoga (24)
Legends Hall
Traditions 1



TUESDAY

9:30 - 10:20 a.m.

Wendy
Chair Pilates (12)
Legends Hall
Studio



WEDNESDAY

9:15 - 10:05 a.m.

Wendy
Chair Pilates (12)
Legends Hall
Studio



THURSDAY

9:15 - 10:05 a.m.

Wendy
Chair Pilates (12)
Legends Hall
Studio



FRIDAY

9:30 - 10:20 a.m.

DeeDee
Fun & Fitness (12)
Legends Hall
Studio



11:00 - 11:50 a.m.

Jeff
Tai Chi II (15)
Legends Hall
Traditions I



9:30 - 10:20 a.m.

Jeff (20)
Tai Chi Fundamentals
Champions Club
Premier Studio



11:00 - 11:50 a.m.

Suzy
Gentle Yoga (20)
Champions Club*
Premier Studio



10:15 - 11:05 a.m.

Suzy
Chair Yoga (12)
Legends Hall
Studio



11:30 - 12:20 p.m.

Rosy
Zumba Gold (20)
Champions Club*
Premier Studio



1:00 - 1:25 p.m.

Walking Track (15)
Champions Club*
Indoor Track



10:30 - 11:20 a.m.

Jeff
Tai Chi I (20)
Champions Club*
Premier Studio



1:00 - 1:25 p.m.

Walking Track (15)
Champions Club*
Indoor Track



11:30 a.m. - 12:20 p.m.

Cristina
Zumba Gold (20)
Champions Club*
Premier Studio



1:30 - 1:55 p.m.

Walking Track (15)
Champions Club*
Indoor Track



1:30 - 2:20 p.m.

Rosy
Fun & Fitness (12)
Legends Hall
Studio



1:30 - 1:55 p.m.

Walking Track (15)
Champions Club*
Indoor Track



2:00 - 2:50 p.m.

Rosy (20)
Fun & Fitness
Legends Hall
Traditions 1



Cardio

Dance

Mind/
Body

Strength
Training

All Group Fitness Classes are 50 minutes

All classes require Pre-registration

Members are asked to sign up for only one class per category.



SOUTHLAKE
SENIOR ACTIVITY CENTER

***All senior group fitness classes at Champions Club are required to check in with the front desk before moving forward. You will be directed to come back to the Senior Activity Center if your name is not on the roster.**

Updated July 1, 2022

Class Descriptions

Chair Yoga (By Suzy): This class is an approachable way for seniors to stretch, move and improve balance in a slow to moderate paced class. We engage in movements designed to improve flexibility and core strength as well as breathing exercises and meditation. Attendees have the option to remain seated the entire class or stand as they are able for exercises. Modifications are always offered, so participants can enjoy class to the best of their ability. Participants should consult their doctor before beginning this class or any new exercise program. Class members should wear comfortable clothes that allow for ease of movement and supportive shoes (athletic shoes).

Gentle Yoga (By Suzy): This is a gentler form of yoga, all poses are seated or lying down. Gentle yoga will increase flexibility, range of motion, and balance. It is designed to help you release tension stored within the body promoting feelings of ease within the body and mind. Participants should be able to sit and lie on the floor; however, modifications are available. Attendees must be able to get on and off the mat without assistance. Class members should consider bringing their own mats and wear comfortable clothes that allow for ease of movement.

Fun and Fitness (By Rosy): This class is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. This class can be modified depending on fitness levels. The benefits of this class include cardiovascular, muscle conditioning, flexibility, and balance. Equipment used: Weights, resistance bands and a ball.

Zumba Gold (By Rosy & Cristina): This class is designed for active adults that like to move and dance. Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Class members should wear comfortable clothes and supportive athletic shoes.

Fun and Fitness (By Dee Dee): A gentle full body fitness class designed to strengthen and stretch muscles, tendons, ligaments, and joints. A chair is used for seated exercises and standing support. The participants will leave class feeling stronger and healthier. This class will be more relaxed and interacting with each other while exercising is encouraged by the instructor. Equipment used: Weights, resistance bands and a ball. Please wear comfortable clothes you can move in and supportive athletic shoes.

Chair Pilates (By Wendy): This class is designed to improve posture, strengthen core and the ability to correct muscle imbalance while calming your mind, boosting your self-confidence and decrease stress. Depending on your level you may use a chair for support or balance. Comfortable clothes and supportive athletic shoes are recommended.

Tai Chi Fundamentals (By Jeff Wang & Mrs. Lee): This class is great for those who have always wanted to learn Tai Chi and have no or limited previous experience. The class will focus on learning and refining basic Tai Chi moves.

Tai Chi (I) Beginners (By Jeff Wang & Mrs. Lee): This class will focus on the practice of 24-Forms and some 32-Forms or Tai Chi Fang. The class is taught by experienced senior member volunteers. This class will focus on basic "qi-gong" exercise warm up and move to basic Tai Chi movements, finishing the class with 24-form Tai Chi Chuan. **Prerequisite:** Must be proficient in the 24 Forms of Tai Chi.

Tai Chi (II) Intermediate (By Jeff Wang & Mrs. Lee): This is an intermediate level class. The class will focus on 24-Form Tai Chi Chuan, clinic and more advanced moves and subjects. **Prerequisite:** Must have participated in at least 9 months of Tai chi I (Beginners).