



Cottonwood Palo Verde Fitness Activity Center

June Calendar 2024

Studio 1	Studio 2
<p>Monday</p> <p>10:00-11:00am Personal Training 12:15-1:15pm Zumba Sandy</p>	<p>Monday</p> <p>8:00-8:45am Fitness with Julie Julie 9:00-9:45am Functional Fitness Julie 11:00-12:00pm Total Knockout Deborah (Neurological Assistance) 12:30-1:20pm SAIL Christine 4:30-5:20pm Chair Dance Eileen</p>
<p>Tuesday</p> <p>9:00-10:00am Zumba Tone Sandy 11:00-12:00pm Kinetic Karate Charmaine 2:30-3:30pm Retro Dancing Malina 4:30-5:20pm Zumba Eileen</p>	<p>Tuesday</p> <p>9:00-9:45am Kickboxing Deborah 10:00-11:00am Yin Yang Yoga Flow Margie 1:30-2:30pm Daily Burn Roberta</p>
<p>Wednesday</p> <p>9:00-10:00am Yoga for Healthy Aging Margie 10:15-11:15am SPY Bryann 11:00-12:00pm Personal Training</p>	<p>Wednesday</p> <p>8:00-8:45am Cardio Kickbox Julie 9:00-9:45am Chair Yoga Julie 10:00-10:45am Kickboxing Deborah 11:00-12:00pm Total Knockout Deborah (Neurological Assistance) 12:15-1:05pm Chair Dance Eileen</p>
<p>Thursday</p> <p>8:45-9:45am Zumba Tone Sandy 11:00-12:00pm Kinetic Karate Charmaine 4:30-5:20pm Zumba Eileen</p>	<p>Thursday</p> <p>9:00-9:45am Full Body Conditioning Deborah 10:00-11:00am Yin Yan Yoga Flow Margie 12:30-1:20pm SAIL Christine 1:30-2:30pm Daily Burn Roberta</p>
<p>Friday</p> <p>9:00-9:45am Brains & Balance Roberta 10:00-11:00am Personal Training 12:15-1:15pm Zumba Sandy</p>	<p>Friday</p> <p>8:00-8:45am Power Burn Julie 9:00-9:45am Power Chair Yoga Julie 11:00-12:00pm Total Knockout Deborah (Neurological Assistance)</p>
<p>Saturday</p> <p>10:30-11:30am Retro Dancing Malina</p>	<p>Saturday</p> <p>10:00-11:00am Pilates Bryann 11:00-12:00pm Strength Training Bryann</p>

**** Group Fitness Classes will have a drop-in fee between(\$5-\$10)at the Beginning of each class**



GROUP FITNESS CLASSES

◇ = Low Intensity
◇◇ = Medium Intensity
◇◇◇ = High Intensity

Brains & Balance ◇ / ◇◇

Brains & Balance is a specialty class that focuses on staying mentally sharp and physically stable. As we age, it is important to be able to stand upright and steady as we carry out our activities of daily living and reduce the risk of falling. The Brains portion of the class will focus on combining simple exercises in fun and unique ways to challenge proprioception by engaging the brain to process and follow instructions while executing various patterns of movement. The Balance exercises will strengthen and stretch all the muscles important for stability, balance, and posture at each joint of the body. Participants will be standing and moving during the entire class. Chairs will be provided for those who require modifications or need to rest.

Cardio Kickboxing ◇◇◇

This class will keep you on your toes. This class combines cardio kickboxing and strength training to give you a total body workout. Challenge yourself to train your body like you've never done before! If you don't mind a little sweat, this is the class for you.

Chair Dance ◇

Think you can't dance? Try it in a chair!! This exciting class will give you a total body workout while sitting and/or standing using a chair for support. Lively music and choreography will keep you smiling and fit! Wheelchairs/walkers welcomed!

Chair Yoga ◇

One of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

Daily Burn ◇ / ◇◇

This class combines cardio and muscle toning all in one high/low workout. Lots of band work and a total body, heart pumping, aerobic and strength conditioning workout!

Fitness With Julie ◇◇

This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

Full Body Conditioning ◇◇ / ◇◇◇

A fun class that you will love! Work all major muscle groups in just 45 minutes. Total body workout challenging your body using a variety of equipment, exercises, drills with a mix of cardio, strength training, balance, core and flexibility.

Functional Fitness ◇

This class will focus on total body and core strength while incorporating light cardiovascular work. It is the perfect way for all seniors to get strength and cardio work in the same workout. This class may be done seated or standing and may utilize a variety of equipment.

Kickboxing ◇ / ◇◇ / ◇◇◇

This electrifying fusion of kickboxing and strength training creates the perfect balance for your entire body. Enjoy a mixture of the boxing that you love while simultaneously sculpting your body with weights, medicine ball, kettlebells and core exercises. Open to all skill levels. You will need gloves and a positive attitude.

Kinetic Karate ◇ / ◇◇ / ◇◇◇

Includes low impact karate movements with a progression in intensity to improve fitness. Participants learn karate techniques (stances, strikes, blocks and kicks) to keep the muscles strong, flexible and build stamina. Dual task drills improve coordination, quicken reflexes, and boost mental acuity.

Pilates ◇◇ / ◇◇◇

A system designed to strengthen the body through the core, spine, and the breath. It helps with core strength, improves fitness and well-being, focuses on balance, flexibility, and coordination. Learn body awareness through controlled movements. Low impact while restoring natural posture and improving body alignment. This class is offered on a mat, a chair, or a combination of both. All fitness levels are welcome!

PowerBurn ◇◇◇

Looking for a nice change in your fitness routine that hits every muscle group? This class offers combinations of interval cardio and strength training movements that will get your heart rate up and feeling superior at the end of each class.

Power Chair Yoga ◇ / ◇◇ / ◇◇◇

This class uses light weights and the use of a chair, as the instructor guides you through poses that will cultivate strength, flexibility, and body centered restful awareness. This class is for everyone, challenges and modifications will be offered.

Retro Dancing ◇ / ◇◇

This Retro Dance class is for everyone who wishes to revisit the "oldies, but goodies" style of music and dance. Class members will benefit from the "oldies" songs' enjoyable body movement, fun exercise, and the recollection of the memories of the 50s, 60s, and 70s. Get ready to hop to the Rock 'N Roll hits!

GROUP FITNESS CLASSES (CONT'D)

SAIL (Stay Active & Independent for Life) ◇ / ◇◇

An evidence-based fall prevention program created by the Washington State Public Health Department. A mixture of aerobics, balance and strength training that can be done seated or standing. The best way to prevent falls is to stay fit. SAIL is a good place to start and continue for fitness levels I and level II.

Sound Healing and Mindfulness Meditation for Parkinsons ◇

Calm your mind and body with the sounds of singing bowls and chimes. Join Elissa Jones, Health and Wellness Coach as she guides you through meditation using sound. This class focuses on self-care, and helps you take the hour you need to focus on you. The healing frequencies of sound help soothe the mind and give you peaceful moments of calm. Caregivers welcome!

SPY ◇ / ◇◇ / ◇◇◇

A new and innovative way to merge 3 fitness classes into ONE! Stretch, Pilates and Yoga. The perfect class for the fitness enthusiast! Brings together the Benefits of all 3 disciplines at one time!

Strength Training ◇◇ / ◇◇◇

Essential to staying strong and vital during adulthood. It can benefit health by improving mobility, maintaining or increasing muscle mass, can increase energy levels and prevent osteoporosis by increasing bone density. We use free weights, bands, and balls for a full body workout. Join the fun and get stronger, live longer.

Total Knockout (Neurological Assistance) ◇

A series of standing and seated movement exercises, sometimes using props such as punching bags, balance pads, and balls to promote strength, flexibility and balance. Participants are given tools through rhythm, and movement sequences that help agility and mobility associated with Parkinson's.

Working Out 101 ◇

Do you want to work out but don't know where to start? Join Elissa Jones, Health & Wellness Coach as she discusses what to expect when you incorporate movement and exercise into your daily routine. We will discuss what to bring to a workout class, what to wear, what to expect, tour of gym and equipment, discussion of class options for working out, watch a workout class, answer any questions you may have.

Yin Yang Yoga Flow ◇◇ / ◇◇◇

Challenging flow-style class (Sun Salutations) designed for the fit and healthy. Gain strength, balance, and flexibility. Breathe, move, stretch, and relax. Modifications will be offered for different levels of ability. However, this class is not suitable for those who wish to do yoga in a chair.

Yoga for Healthy Aging ◇ / ◇◇ / ◇◇◇

Yoga for Healthy Aging will focus on yoga poses to build strength, flexibility, and balance. Since Yoga is body- mind practice this class will include breath practices and meditation to help us learn how to activate the relaxation response to improve our overall wellbeing. Beginner students are welcome if they can get up from the floor. Poses are done sitting on the floor, standing, and laying down on a yoga mat.

Zumba ◇ / ◇◇

Zumba is a fusion of Latin and International music. Utilizing dance themes that create a dynamic, exciting, effective fitness system. The goal is to have everyone smiling and sweating!

Zumba Tone ◇ / ◇◇

Zumba Toning is perfect for those who want to party with extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using light weights, helps to focus on specific muscle groups, keeping them engaged. Enhances sense of rhythm and coordination, while toning target zones, including arms, core, and lower body.

Levels are stated as ◇ / ◇◇ / ◇◇◇ because the participant will determine how hard or intense he or she will work in the classes.

For more information about classes and the registration process, please contact the Fitness Desk at 480-895-1776, Ext: 380