

## Group & Senior Fitness Schedule September 2023

### HOURS OF OPERATION

M-F 5am-9pm

Sat-Sun 7am-2pm

Phone. 7249172857

### Child Watch Hours

#### Toddler Room

M-Fri 9:00-12:30pm

M-Th 4pm-7pm

Sat. 9 - 12:00

#### Youth Room

M-Th 4pm-8pm

Sat-9:00-12:00 pm

### MONTHLY MEMBERSHIP

#### PRICING

Family-\$40

Adult-\$25

College Student-\$20

Student (Grades  
9-12)-\$15

Youth (Grades  
K-8)-\$10

Ask about  
Scholarships!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am-6:45 Cycling w/Krista		6:00am-6:45 Cycling w/Terri		8:00am-8:45 Cycling <b>No class 9/2&amp;9/16</b>	
9:00-10:00 Cardio w/ Carla	9:00-10:30 Cardio w/ Carla	9:45- 10:45 Start Up Cardio! w/ Lena	9:00 – 10:00 Cardio w/Carla	9:30-10:30 Yoga w/Carla	9:00-10:30 Cardio w/ Carla	
10:15-11:00 Stretch & Tone w/Car	Silver Sneakers w/ Jordan 11:00-11:45 <b>No class 9/19 &amp;9/26</b>	11:00-12:00 Yoga Learning w/Liz	10:15-11:00 Stretch & Tone w/Carla	10:45-11:45 Cardio w/Carla	11:00-11:45 Parent/Child Yoga w/Liz	
11:15-12:15 Qigong Tai Chi w/ Robin	Boxing, Body and Brain for Seniors 11:00-12:00 <b>No Class 9/5&amp;9/12</b>		11:15-12:00 Silver Sneakers Circuit w/ Jordan			
4:45-5:30 Cycling w/ Terri	4:00-4:45 Total Body Sculpt w/MarySue	5:45-6:30 Cycling w/ Larae	4:00-4:45 Total Body Sculpt w/ MarySue			
5:45-6:45 Cardio w/ Carla	5:45-6:45 Yoga w/ Carla	5:45-6:45 Cardio w/ Carla	5:45-6:45 Start Up Cardio w/ Lena			FACEBOOK Baughman Family Community Center
7:00-8:00 Yoga w/ Carla		7:00-8:00 Yoga w/ Carla				WEBSITE www. baughmancc .org

\*You can find all class descriptions on the back of this paper. Any other questions... Just Ask!

**START UP CARDIO!:** Easy to follow choreography including floor aerobics, light weights, drumming, cardio boxing, & pilates! This is perfect if you are new to group fitness!

**CARLA'S CARDIO:** Intermediate- advanced level. May include any of the following; Hi-LO, low impact, step, slide, circuit, boxing, and various floor work! Note: Tues & Sat. 90 minute class

**SILVER SNEAKERS CIRCUIT:** 45 minute fitness class alternating cardio & strength intervals to improve cardio endurance, muscular strength & endurance, skill improvement, & functional movement patterns designed to help with everyday living. All exercises in this class can be modified to anyone's specific needs!

**STRETCH & TONE:** 45 minute class with warm-up, toning with various props and stretching! Great for all fitness levels.

**CYCLING:** Indoor group cycling classes provide an energized atmosphere as instructors guide participants through a challenging ride with classes focusing on endurance, strength, intervals, high intensity and recovery, using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

**PARENT/CHILD YOGA:** The class focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding.

**YOGA LEARNING:** Beginner class introducing fundamentals of yoga such as breath, alignment and balance.

**CARLA'S YOGA:** Flow based set of postures including floor and standing salutations. Increasing flexibility and strength. Creative sequencing with meditation to ensure that each practitioner gains the maximum benefits of the mind body connection that yoga provides. Standing & Floor work.

**TOTAL BODY SCULPT:** A total body workout for every level of fitness. Shape and define your legs, glutes, upper body and abs! Modifications are provided to ensure everyone's success.

**SENIOR BOXING FOR BODY AND BRAIN:** The 3 B's involves conditioning of body core, arms, and legs: movement (footwork); balance; coordination of the entire body; endurance; and cognitive functioning (thinking, alertness, awareness). This is not a high intensity class. **PARTICIPANTS MUST CALL TO REGISTER. LIMITED SPACE AVAILABLE!**

**QIGONG TAI-CHI:** Martial art practice known for slow intentional movements. A popular form of gentle exercise & moving meditation, with benefits to mental and physical health. Great for all fitness levels.

ALL CLASSES INCLUDED WITH MEMBERSHIP. PLEASE FEEL FREE TO ASK WITH ANY QUESTIONS & REMEMBER ANY CLASS CAN BE MODIFIED.