

South Bay Group Exercise Schedule

May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 9:00am	Mat Pilates (Core Strength) 9:30am	Water Aerobics Circuit 9:00am	Mat Pilates (Core Strength) 9:30am	Water Aerobics 9:00am
Sit & BeFit (chair optional) 10:15am	Balance and Posture 10:15am	Beginner Line Dancing 10:15am	Balance and Posture 10:15am	Beginner Line Dancing 10:15am
Chair Yoga 11:15am	Drumming 11:15am	Chair Yoga 11:15am	Drumming 11:15am	Chair Yoga 11:15am
	Wellness Walk (weather permitting) 1:00pm		Wellness Walk (weather permitting) 1:00pm	
T'ai Chi 2:00pm			T'ai Chi 2:00pm	Corn Hole 2:00pm (Moultrie Room)
Beginner Balance and Posture 3:00pm		Beginner Balance and Posture 3:00pm	Shuffleboard 3:30pm Courtyard	Ping Pong Group Ex Room Table set up from 3:00pm Friday through 8:30am Monday

Class Descriptions

Chair Yoga - gentle stretching, postural awareness, deep breathing, relaxation and stress reduction.

Corn Hole - players take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole.

Beginner Balance and Posture – core strength exercises, stretching and postural alignment conditioning to ensure body awareness, agility and stability.

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Drumming – using drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do.

Line Dancing - Beginner level. A type of dancing in which participants line up in a row without partners and follow a choreographed pattern of steps to music.

Mat Pilates / Core Strength – focus on strengthening all muscles of the core which include the back, chest, abdominals and gluteus maximus. This class is instructed on the floor, with bouts of standing balance poses. Must be able to get down and up off the floor with / without assistance.

Sit & BeFit – Cardiovascular exercises with periods of weight resistance training and core conditioning. All exercises practiced while sitting in a chair.

T'ai Chi – T'ai chi is an art embracing the mind, body and spirit. Originating in ancient China, t'ai chi is one of the most effective exercises for health of mind and body. On a physical level, T'ai Chi improves strength, flexibility, aerobic conditioning and balance. Excellent exercise for arthritis, Parkinson's, anxiety and depression.

Water Aerobics / Circuit – cardiopulmonary based exercise with strength conditioning and stretching incorporated. All practiced in the warm salt water of the South Bay pool.