

Wellness and Fitness Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00-10:00	Sit & B Fit	Sit & B Fit	Sit & B Fit	Sit & B Fit	Open Gym
9:00-10:00	<i>Community Acupuncture</i>				Open Gym
10:00-11:00	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Open Gym
10:00-11:00	<i>Community Acupuncture</i>				Open Gym
11:00-12:00	Circuit Works	Circuit Works	Circuit Works	Circuit Works	Open Gym
11:00-12:00	<i>Community Acupuncture</i>				Open Gym
12:00 - 1:00	Functional Movement (Upper Body)	Core Therapy	Functional Movement (Lower Body)	Core Therapy	Open Gym
1:00-2:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2:00 - 3:00	Restorative Yoga	Open Gym	Open Gym	Open Gym	Open Gym
3:00-4:00	Open Gym	Open Gym	<i>Community Acupuncture</i>	Open Gym	Open Gym
4:00-5:00	Open Gym	Open Gym	<i>Community Acupuncture</i>	Open Gym	Open Gym
5:00-6:00	Open Gym	Open Gym	<i>Community Acupuncture</i>	Open Gym	CLOSED
6:00-7:00	Open Gym	Open Gym	E.A.S.E.	Open Gym	CLOSED



Silver Sneakers Accepted • May be used for classes 9-12 or Open Gym, please see assistant.

All classes \$10 unless otherwise noted • Monthly Open Access \$39 • Community Acupuncture \$25



Does your insurance plan reward you for attending? Call 727-767-0950 to schedule today!

Sit and Be Fit

Sit and Be Fit is a one hour exercise program for anyone with or without walking trouble and/or anyone needing slow gentle movement. We do a wide variety of exercises in a chair using balls, bands and hand weights with fun, upbeat music to increase your happiness level and get you ready for other types of

Silver Sneakers Classic:

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels and is open to all Silver Sneakers members and friends.

Silver Sneakers - Circuit Works

The SilverSneakers Circuit workout offers comfortable low-impact 30 minutes of cardio with a choice of either standing or in chair. The class is choreographed with alternating standing upper-body strength work with hand-held weights, elastic tubing with handles and exercise balls. Cardio training on our state-of-the-art exercise equipment is also available during this class. Circuit Works is suitable for every fitness level and can be adapted depending on the skill of individual participants.

Core Therapy

Core therapy is strengthening to happy, motivational music while working our muscles to support our spine. This class targets the core which helps with back ailments, digestion, and posture. We provide a mat as the class is designed on the floor but can be modified in a chair if needed. This is a fun class with joyful

Functional Movement Class

In these one-hour classes offered Monday (upper body emphasis) and Wednesday (lower body emphasis) you will learn how to coordinate movements of all the joints allowing you to achieve a stronger body, prevent muscle loss and restore problems with mobility and balance. When attended consistently, your participation in these classes will build confidence, teach you how to safely exercise on your own, and provide the motivation needed to keep moving! This series of classes focus on fall and injury prevention and healthy independent aging, no matter your age!

EASE

EASE is designed for people in pain who need structured rehabilitation and corrective exercise/therapy. The movements taught in class focus on individual Exercise correction, Agility, Stability, with Effortless movement while improving your reaction time. A chair may be used for balance and support.

Restorative Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress

Nutrition Series:

Stop listening to crazy nutrition advice. Healthy eating doesn't have to be hard. Lose weight, develop a healthy relationship with food, and become your best self. Whether your goal is to feel better, fight disease, lose 5lb or 20lb, or to stop binge eating, or lose that incessant guilt you feel when having an ice cream cone - These series will Completely change how you look at food. Are you ready to.....Truly understand nutrition, stop yo-yo dieting once and for all, develop a strong sense of self worth, make peace with your body image, eat the foods you love, eat foods to fight disease, look and feel great!