

## OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  CF- Yoga @ 6:30pm	3  WM – Zumba Gold @ 5:45pm IBR- Instructor's Choice @ 6:30pm MYMCA- Water Aerobics @7:15	4  DH- Instructor's Choice @ 6:30pm	5  SP – Chair Aerobics @ 11:30am IBR- Instructor's Choice @ 6:30pm SP- Step/Sculpt Aerobics @ 6:30pm MYMCA- Water Aerobics @7:15	6	7  MYMCA Water Aerobics @ 11:00 am
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## Class Information

### Wesley Memorial United Methodist Church

**Zumba Gold:** Takes Zumba formula and modifies the moves and pacing to suit the needs of the active older adult participant or those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that is easy to follow, friendly, but most of all, FUN!!!

### The Community Fellowship (Virginia Avenue in Collinsville beside of BTW 21)

**Yoga (Fellowship Area):** Brings strength and flexibility to your workout. A person can begin at any age and with any level of physical conditioning. Also includes abdominal strengthening moves.

### Bassett Community Center

**Step Combo (Gym):** A high-energy workout including various combinations of basic step, intervals and cardio techniques along with muscle conditioning using light weights and aerobic balls. Also includes abdominal strengthening moves.

**Tabata (Gym):** This high-intensity training is fun, blasts calories, and moves so quickly that it's hard to get bored. For Tabata, you perform an exercise at maximal intensity for 20 seconds, followed by 10 seconds of rest.

### Spencer Penn Centre

**Chair Aerobics (Gym):** This class can increase your strength, balance and vitality all while sitting down. This class creates movement, stretching, and helps increase your heart rate. Each exercise involves a series of slow movements.

**Step Combo (Gym):** A high-energy workout including various combinations of basic step, intervals and cardio techniques along with muscle conditioning using light weights and aerobic balls. Also includes abdominal strengthening moves.

### Irisburg Ruritan Club

**Instructor's Choice (Upstairs):** A cardio/sculpt workout that includes low/high impact, kickboxing, step, sculpt, etc. There will also be some exercises incorporated in your workout to strengthen abdominal muscles.

### Druid Hills Elementary School

**Instructor's Choice (Gym):** A cardio/sculpt workout including low/high impact, kickboxing, step, sculpt, etc. Also includes abdominal strengthening moves.

### Martinsville YMCA/ Fieldale Pool

**Indoor & Outdoor Water Aerobics:** A combination of moves for any age or activity level, a fun and motivating class! Anyone can do this class, excellent for all joints in the body; arthritis, hip replacements, or anyone wants a "low impact-on-the-joints" class.

60 minute class that includes a great warm up, cardio fitness, strength training and flexibility cool down.

### **Water Aerobics Benefits:**

Water aerobics is workouts that are pleasurable and exercise all at one time. The goal of this exercise is to promote cardiovascular conditioning. The water resistance gives strength and flexibility that will increase muscle endurance which will improve balance.

Some of the major benefits of water aerobics:

- 1) Provides buoyancy and support that will help cause less injury to the muscles, bones, and joints.
- 2) The water adds lots of resistance which will help with toning the muscles of the body to increase muscle mass.
- 3) With less gravity the improvement of flexibility is greater. The decrease in gravity forces in the water makes this exercise possible for those with joint pain with the decreased anxiety of pain.
- 4) Heart rates are at a lower rate when compared to other physical activities, but the benefits of the cardiovascular conditioning are wonderful.
- 5) Help keep your body temperature cool, comfortable, and constant throughout the exercise.
- 6) Extremely beneficial when trying to burn extra calories.

**\*\*Please note that due to lifeguarding regulations water aerobics classes will be cancelled during thunderstorms.**

**\*If you are a new participant please inform the class instructor. They will give you the participant information packet to complete and return to the instructor.**

**If Martinsville or Henry County Schools are closed or dismiss early due to inclement weather, classes will be cancelled also.**

For more information contact Brittany Anthony at  
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[www.healthycommunitymhc.org](http://www.healthycommunitymhc.org)

# FREE Family Aerobics October Calendar & Information



Classes made possible through grant funding provided by:



the **harvest** foundation