



# November Classes

ZOOM Active Adult • Trail Winds Recreation Center (TWRC) • Carpenter Recreation Center (CRC)  
 For in-person classes, you must reserve your space in class at [thorntonparks.com](http://thorntonparks.com) or visit our front desk.

# FITNESS

## ZOOM & RESERVATIONS

### ZOOM VIRTUAL ACTIVE ADULT FITNESS CLASSES

- ➔ **MONDAYS · 9-10 a.m.**  
 Cher B. - SilverSneakers® Classic  
 Equipment: Chair and household objects  
 ZOOM ID: 942-2037-5806  
 Password: cher
- ➔ **MONDAYS · 11 a.m.-12 p.m.**  
 Sharon B. - Chair Yoga  
 Equipment: Chair and pillow  
 ZOOM ID: 648-450-6032  
 Password: 912388
- ➔ **MONDAYS · 1-2 p.m.**  
 Linda M. - Chair Fitness  
 Equipment: Chair and household objects  
 ZOOM ID: 923-4512-7790  
 Password: Chair
- ➔ **TUESDAYS · 9-10 a.m.**  
 Elaine W. - Tai Chi  
 Equipment: Chair  
 ZOOM ID: 936-7146-3718  
 Password: Tai Chi
- ➔ **TUESDAYS · 11-11:45 a.m.**  
 Tracy S. - SilverSneakers® Basic  
 Equipment: Chair  
 ZOOM ID: 915-5369-1139  
 Password: 951437
- ➔ **TUESDAYS · 1-2 p.m.**  
 Sharon B. - Mat Yoga  
 Equipment: Mat  
 ZOOM ID: 648-450-6032  
 Password: 912388
- ➔ **WEDNESDAYS · 9-9:45 a.m.**  
 Sheri P. - SilverSneakers® Circuit  
 Equipment: Chair and household objects  
 ZOOM ID: 920-1115-2505  
 Password: 758259
- ➔ **WEDNESDAYS · 11-11:45 a.m.**  
 Jinger S. - Chair Yoga  
 Equipment: Chair and pillow  
 ZOOM ID: 994-1985-4812  
 Password: 557594
- ➔ **THURSDAYS · 9-10 a.m.**  
 Elaine W. - Tai Chi  
 Equipment: Chair  
 ZOOM ID: 983-9398-7216  
 Password: Tai Chi
- ➔ **THURSDAYS · 11-11:45 a.m.**  
 Tracy S. - SilverSneakers® Circuit  
 Equipment: Chair and band  
 ZOOM ID: 914-2162-3888  
 Password: 527151
- ➔ **FRIDAYS · 11 a.m.-12 p.m.**  
 Sharon B. - Chair Yoga  
 Equipment: Chair and pillow  
 ZOOM ID: 648-450-6032  
 Password: 912388
- ➔ **FRIDAYS · 11 a.m.-12 p.m.**  
 Linda M. - Chair Fitness  
 Equipment: Chair and household objects  
 ZOOM ID: 939-8276-9451  
 Password: Chair
- ➔ **SATURDAYS · 10-11 a.m.**  
 Sharon B. - Saturday Morning Stretch  
 Equipment: N/A  
 ZOOM ID: 648-450-6032  
 Password: 912388



### AQUA FITNESS CLASSES @ TWRC

| TIME            | MONDAY                   | TUESDAY                   | WEDNESDAY                        | THURSDAY                  | FRIDAY                   | SATURDAY                    | SUNDAY |
|-----------------|--------------------------|---------------------------|----------------------------------|---------------------------|--------------------------|-----------------------------|--------|
| 8:15-9:15 a.m.  |                          | Aqua Zumba<br>Michelle S. | Aqua<br>Boot Camp<br>Michelle S. | Aqua Zumba<br>Michelle S. |                          | Aqua<br>All In<br>Kim/Nancy |        |
| 9:30-10:30 a.m. | Aqua Fitness<br>Erica B. |                           | Aqua Fitness<br>Erica B.         |                           | Aqua Fitness<br>Erica B. |                             |        |





## CLASS DESCRIPTIONS

**BARRE** This empowering and energizing workout has proven to create long, lean, powerful muscles. Classes include hand weights, yoga straps, therapeutic exercise balls, gliders and resistance bands to enhance your workout.

**CARDIO FUSION** Burn calories, build muscle and engage in intense stretching. Barefoot highly encouraged to build strength and balance in your foundation (feet and ankles)!

**CHAIR YOGA** Yoga restores vitality to the body, mind and soul by expanding them through stretching and breathing. Class can be modified for all ages, levels and conditions.

**CORE** Designed to strengthen all aspects of your core; more than just an abs class.

**CYCLE STRENGTH** This intermediate spinning class takes you on and off the bike utilizing the track and handheld weights in an interval format. Class is recommended for intermediate and advanced riders.

**CYCLE VARIETY** This is our standard class on the bike, instructors may include a variety of hills, intervals, speed work, etc.

**ENDURANCE TRAINING** This class will use low weights and high reps for a full body workout including power core.

**FOREVER YOUNG** Strength, balance, core and flexibility training designed for ages 55+ to maintain and improve function.

**FUNCTIONAL FITNESS** Anything goes! All levels welcome. Prepare to use a variety of equipment in a fun, encouraging atmosphere. May include: outdoor equipment, strength, intervals, and endurance.

**HIGH FITNESS** Old school aerobics meets HIIT training. A one-hour, total body workout set to nostalgic and fun music from all decades and genres that will motivate you to the max! Simple and easy to follow fitness choreography great for all abilities.

**HIIT** This is a 25-minute High Intensity Interval Training class. Work hard and earn your short breaks.

**LES MILLS BODYPUMP®** This 60-minute strength endurance workout challenges all your major muscle groups by using the best weight-room exercises. Great music and your choice of weight inspires you to get the results you came for—and fast!

**PILATES** Pilates will strengthen and tone muscles, improve posture, flexibility and balance.

**PiYO®** Pilates + yoga + non-stop movement. Strengthen, stretch and sweat using your own body weight.

**SILVERSNEAKERS® CARDIO** The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Floor option is available in this class.

**SILVERSNEAKERS® CLASSIC** Exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**SOCIAL RIDE** Pick your own pace, group/instructor led workout. Come make some new friends.

**STEP** Use a step platform to step up and down to tone your lower body. You can expect to increase your cardio fitness and coordination.

**STRENGTH ENDURANCE** Build strength, decrease fat, add definition and increase bone density by developing lean muscle by focusing on resistance training.

**TAI CHI - BETTER BALANCE** Balance is key to living a confident, active and independent life. Tai Chi-Better Balance is a perfect program for anyone. You will learn balance skills through flowing easy-to-learn Tai Chi movements. Feel stronger, have better balance, greater flexibility and build your confidence.

**YOGA** Express the art of yoga through body and mind, while reducing everyday stress.

**ZUMBA®** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

**ZUMBA® GOLD** Perfect for active older adults who are looking for a modified Zumba class with the original moves you love at a lower intensity.