

# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Body Cond. 8:00 AM Senior Fit. 9:30AM	2 NO GENTLE YOGA	3 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	4
5 	6 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	7 Cardio Conditioning 5:00 PM	8 Body Cond. 8:00 AM Senior Fit. 9:30AM	9 Gentle Yoga 11:15 AM	10 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	11 Cardio Conditioning 10:00 AM
12	13 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	14 Cardio Conditioning 5:00 PM	15 Body Cond. 8:00 AM Senior Fit. 9:30AM	16 Gentle Yoga 11:15 AM	17 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	18 Cardio Conditioning 10:00 AM
19	20 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	21 Cardio Conditioning 5:00 PM	22 Body Cond. 8:00 AM Senior Fit. 9:30AM	23 	24 HOURS 7—1 PM 	25 Cardio Conditioning 10:00 AM
26	27 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	28 Cardio Conditioning 5:00 PM	29 Body Cond. 8:00 AM Senior Fit. 9:30AM	30 Gentle Yoga 11:15 AM	31 Boot Camp 5:30 AM Body Cond. 8:00 AM Senior Fit. 9:30AM	



**NEW**

# CLASS DESCRIPTIONS



## **Cardio Conditioning: 60 minutes** Tuesdays 5:00 - 6:00 PM Saturdays 10:00 - 11:00 AM

This class is designed to focus on increasing your heart rate to maximize calorie burn! The exercises are a mixture of body weight, total body and quick movements to keep your heart rate up. This is a high energy class that will keep your attention and is a fun way to enhance your weekly cardio routine!

## **Body Conditioning: 60 minutes** 8:00 - 9:00AM

(Offered by Deb Williamson)

Discover the use of proper breathing to connect the mind & body, while focusing on isolation of the core. Get ready to strengthen and tone your core, hips, and buttocks. Perfect for all levels. Mondays, Wednesdays, and Fridays.

## **Senior Fitness Class: 45 minutes** 9:30 - 10:15 AM

Join us Monday, Wednesday, and Friday, for a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a chair and a ball are all offered to ensure the most fun you've ever had while exercising!

**(\$3 Dollars for non-members)**

## **Gentle Yoga\*: 75 minutes** 11:15 - 12:30 PM

(Offered by Karen Wasserlauf, LMT)

Karen is a licensed massage therapist with A Healthy Touch Wellness Center. Using her knowledge of the body, this class will offer poses related to your particular concerns and leave you focused to conquer the rest of your day. Class held on Thursdays.

## **Boot Camp: 60 minutes** Mondays 5:30 - 6:30 AM Fridays 5:30 - 6:30 AM


Get in a full hour of the perfect blend of cardio, upper & lower body strength, and core work, all through a variety of exercises using hand weights and bodyweight. All fitness levels & ages welcome, Modifications available when necessary. Class held Monday, Wednesday, and Friday.

**Non-Members Welcome! - \$5 per class (Seniors \$3)**

\*Extra fee. Please ask for pricing

\*\*Schedule subject to change

 @GanandaWVF

 @gananda\_village\_fitness

 @Gananda-Walworth PT @ Village Fitness

### Gym Hours

M-Th 5:30am-8pm

F 5:30am-7pm

S/S 7am-1pm

1218 Mayberry Place

Macedon, NY 14482

(315) 986-1528

