













Day / Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	 Toning (Light Weights) / CYBEX (Gym)		 Toning (Light Weights) / CYBEX (Gym)	Sunrise Yoga - Mat work- 	 Toning (Light Weights) / CYBEX (Gym)
10:00 AM	 <u>Chair</u> Yoga		 <u>Chair</u> Yoga		
11:00 AM	Water Works (Pool)	Memorial Day 	Ai Chi* (Pool)		Aqua Arthritis (Pool)

\*Class is 30-minutes (Fall Prevention, Guided Relaxation, Ai Chi)

**Welcome** to CORA Wellness Center! Whether you need a place to continue working towards your fitness goals after physical therapy, or a clean, convenient place to work out, you will find what you're looking for at the Wellness Center at CORA Lake Placid. The center has a spacious gym that offers a safe environment for members, usage of professional equipment, and access to an enclosed pool. We have rate plans and fitness programs to fit your budget and lifestyle. Sign-up today and stay on track with your fitness goals!

All scheduled class are included in your membership and is led by an **Athletics and Fitness Association of America (AFAA) Certified Group Fitness Instructor.**

### TIPS:

1. Wear comfortable clothes to work out in. Loose fitting gym style clothing is best.
2. Wear shoes such as sneakers or tennis shoes. Avoid dress shoes, flip-flops, sandals, and similar type footwear.
3. Bring a towel to wipe off when you perspire (sweat).
4. Food and drink is not allowed around equipment and pool area. There are lockers available for you to store your belongings. Please ask for assistance.

\*\*\*Classes are 45-minutes unless otherwise indicated.

\*\*\*Class sizes are limited. Please sign-up for classes at the front desk.



## Class Descriptions

**\*Ai Chi:** This format is similar to T'ai Chi, but it is performed in the swimming pool. This practice provides older adults with benefits in mental and physical health, mobility, and strength. **Benefits:** Strength, balance, and flexibility.

**Aqua Arthritis:** Aqua program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. **Benefits:** Increased range of motion, muscle strength, endurance, improves day to day function, and increases self-confidence. Also, helps reduce fatigue, pain, and stiffness.

**Aqua Zumba®:** Perfect for those looking to make a splash by adding low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance. **Benefits:** There is less impact on your joints during class. Water creates a natural resistance, which means every step is more challenging and helps tone your muscles.

**Chair Yoga:** Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

**\*Fall Prevention:** Class length is 30-minutes. Program includes exercise routines, education and tips, and drills designed to help you reduce your risk of falling and improve quality of life.

**\*Guided Relaxation:** Class length is 30-minutes. This is time spent in private meditation while being guided into relaxation. **Benefits:** Positive thinking, Increased self-confidence, spiritual development, reducing stress and anxiety, overcoming depression, and more importantly, enjoying a relaxing experience. Class size is very limited and must sign-up in advance.

**Sunrise Yoga:** A gentler, less intensive form of yoga that is perfect for all fitness levels. **Benefits:** Flexibility, muscular strength, improves balance, increases coordination, reduces stress, and enhances feelings of well-being.

**Toning:** Light hand-weights are used to tone muscles, burn fat, boost metabolism, build strength, and increase bone density.

**Water Works:** Combination of strength conditioning and cardio work. **Benefits:** Strength, balance, and endurance.

**Zumba® Fitness:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. **Benefits:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Zumba® Gold:** Modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. **Benefits:** Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

