

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

*Class is 30-minutes (Fall Prevention, 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 Tai 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.

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.

Pilates Basic: Nonimpact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness. Pilates promotes a feeling of physical and mental wellbeing and also develops inner physical awareness.

Mat 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. Must be able to get down on mat and stand up without assistance.

Strong Nation: Improve your strength and stamina in a powerful cardio and muscle-conditioning session, all led by music. This class is demanding and works your entire body. It's ideal for reaching your ultimate fitness goals.

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.

