











Day / Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	 Toning (Light Weights) / CYBEX (Gym)	<i>Guided Meditation / Relaxation</i> 	 Toning (Light Weights) / CYBEX (Gym)		 Toning (Light Weights) / CYBEX (Gym)
10:00 AM	 <i>Chair Yoga</i>	<i>Pilates Basic</i> (Mat Workout)	 <i>Chair Yoga</i>	<i>Circl Mobility™</i> (NEW Class)	
11:00 AM	<i>Water Works</i> (Pool)	 Open Swim	<i>Ai Chi*</i> (Pool)	 Open Swim	<i>Aqua Arthritis</i> (Pool)

\*Class is 30-minutes (Fall Prevention, Circl Mobility™, Guided Relaxation, Ai Chi, Zumba Gold©)

**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 and National Academy of Sports Medicine (NASM) Certified Personal Trainer.**

**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 are 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.

**Circl Mobility™ (NEW):** Improve balance, reduce stiffness, enhance joint range of motion, hydrate the fascia, and optimize activities of daily life and sport. **Benefits:** Addresses articular motion and full body integrated movement. The program stimulates the nervous system enhancing muscle activation, promotes fluid flow improving circulation, lubricates the joints releasing tension, promotes pliability of the myofascial system, reduces delayed onset muscle soreness and the chance of injury, accelerates recovery, fuels motivation and compliance to physical fitness, and is the perfect complement to any physical training regimen.

**\*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.

**Pilates Basic:** Low impact 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 fitness level. **Benefits:** Pilates promotes a feeling of physical and mental wellbeing and also develops inner physical awareness.

**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. This is a total body conditioning class. **Benefits:** Strength, balance, and endurance.

**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!

