

Celebration Village - January 2023

NEW Fitness Schedule



	9:00	10:00	11:00	11:00
Monday	<p>Mat Pilates: Targeting large & small muscle groups using your own body weight. In the theater, taught by Stephanie</p>	<p>Movement Matters: Seated or standing, using weights, resistance bands, and a ball. In the gym, taught by Stephanie</p>	<p>20 Minute Drum Roll: followed by core and leg exercises. In the gym, taught by Stephanie</p>	<p>Sit To Be Fit: Gentle seated exercise to improve circulation, strength and range of motion. 1st floor - Building 2000, taught by Gracie</p>
Tuesday		<p>Stretch and Flex: Stretching either seated or standing and helping to maintain our flexibility. In the gym, taught by Gina</p>	<p>NEW! Tai Chi Improves strength, flexibility, and balance. In the gym taught by Drew</p>	<p>Sit To Be Fit: Gentle seated exercise to improve circulation, strength and range of motion. 1st floor - Building 2000, taught by Gracie</p>
Wednesday	<p>Chair Yoga: Gentle stretches for the whole body. In the theater, taught by Stephanie</p>	<p>Zumba Chair: Come learn how to sway, and shimmy, listening to latin music, followed by balance and core exercises. In the gym, taught by Stephanie</p>	<p>Sit To Be Fit: Gentle seated exercise to improve circulation, strength and range of motion. 1st floor - Building 2000, taught by Stephanie</p>	<p>Sit To Be Fit: Gentle seated exercise to improve circulation, strength and range of motion. 1st floor - Building 2000, taught by Gracie</p>
Thursday	<p>NEW! Stability Ball Exercise: Using the aid of the stability ball for stretching, squats and upper and lower body strength In the theater, taught by Stephanie</p>	<p>Movement Matters: Seated or standing, using weights, resistance bands, and a ball. In the gym, taught by Stephanie</p>	<p>NEW! Tai Chi improves strength, flexibility, and balance. In the gym taught by Drew</p>	<p>Sit To Be Fit: Gentle seated exercise to improve circulation, strength and range of motion. 1st floor - Building 2000, taught by Stephanie F.</p>
Friday	<p>Mat Pilates: Targeting large & small muscle groups using your own body weight. In the theater, taught by Stephanie</p>	<p>Band and Weights: This class will be using resistance with both bands, and weights. In the gym, taught by Stephanie</p>	<p>Zumba Chair: Come learn how to sway, and shimmy, listening to latin music, followed by balance and core exercises. In the gym, taught by Stephanie</p>	<p>Fun Friday: Consisting of a variety of noodle sports or cardio drumming. 1st floor - Building 2000, taught by Stephanie E.</p>