

SLN GROUP EXERCISE CLASS SCHEDULE

All classes Taught by Deb Sexton, Certified Fitness Instructor, except ADV yoga Sat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am	Bench Step Aerobics	Yoga Level 2	Bench Step Aerobics	Yoga Level 2	Bench Step Aerobics	
9:35-10:35am	Low Impact Aerobics	NEW TAI CHI	Low Impact Aerobics	NEW TAI CHI	Low Impact Aerobics	Advanced Yoga (9:30am)
10:35-11:30am	Strength and Flexibility		Strength and Flexibility		Strength and Flexibility	
11:35-12:30pm	Yoga Level 1		Yoga Level 1		Yoga Level 1	

\$3.00/class (With 10.00 lifetime membership*)

Bench Step Aerobics: Class starts with a 10 minute warm up and uses a 4" riser for a series of cardio exercises, with concentration on upper body, lower body and core strengthening, while using a variety of weights, bands, straps and blocks. We finish with a 10 minute stretch on the floor. This class offers a vigorous workout.

Low Impact Aerobics: After a short warm up and stretch, we work into a cardio segment that is low impact on the joints, and also includes toning and conditioning arms, legs and abdominals. Class concludes with a cool down on the floor.

Strength and Flexibility: In this class, we sit in a chair or stand beside it, focusing on exercises to strengthen the upper and lower body, as well as the abdominals for improved balance and coordination. We include specialty classes for arthritis, pelvic stabilization, and more! ***This class is appropriate for all fitness levels.***

Yoga Level 1: We focus on a variety of hip openers, hamstrings, abdominals, shoulders and twists, working in standing poses or on the floor. Class ends with a back series and savasana or relaxation. This class is appropriate for most fitness levels.

Yoga Level 2: Challenge yourself in this class that incorporates vinyasa or a "flow" of poses while including theme work and cultivating alignment, strength and flexibility.

Advanced Yoga: A more challenging class, participants need to have basic knowledge of yoga positions.

TAI CHI: The gentle movements of Tai Chi reduce stress and offer other health benefits

Watch us on
Enidtv.org, Channel 11, 12 ,111,112

*We must have release form on file
Prior to exercise



BE HAPPY. BE SOCIAL. BE FIT.