



ADULT FITNESS & GOODMAN-ROTARY 50+ FITNESS

FIT FOR THE HOLIDAYS

Virtual

DECEMBER 16 - JANUARY 3
2024-25

Join our fitness instructors for a wide variety of fitness classes for all levels.

One fee gives you access to ALL virtual class offerings!

Registration Fee - \$30 (MMSD Resident), \$45 (Non-Resident)

Register online at [MSCR.org](https://mscr.org) use course code **41052** or stop by any of our MSCR facilities for paper registration.

- Virtual classes are held live via Zoom. Participants need to bring their own equipment for online classes.
- Classes that do not include floor work are indicated in the class descriptions.
- Classes are open to beginners and participants of all fitness levels. Instructors are trained to have options for all.
- Class schedules are subject to change based on instructor availability and will be communicated.

VIRTUAL CLASS SCHEDULE

Activity	Day	Time	Instructor	Date	Equipment Needs	Zoom Link
Core Flow	Monday	7-7:45am	Grace H.	December 16, 23 & 30	Mat	
Arms & Abs	Monday	8:15-9am	Jamie A.	December 16 & 30	Mat & weights	
Pure Strength	Monday	8:30-9:15am	Ron D.	December 16, 23 & 30	Mat, chair & weights	
Chair Exercise	Monday	9:15-10:15am	Jamie A.	December 16 & 30	Chair & weights	
Functional Fitness	Monday	10:30-11:30am	Ron D.	December 16, 23 & 30	Mat & weights	
Stretch & Strength	Monday	11-11:45am	Lisa H.	December 16	Mat, chair & weights	
Yoga Sculpt	Tuesday	7-7:45am	Lisa H.	December 17	Mat, bands, & weights	
Pure Strength	Tuesday	8-8:45am	Lisa H.	December 17	Mat & weights	
Simple Strength	Tuesday	9-10am	Becky O.	December 17	Mat, chair & weights	
Gentle Yoga	Tuesday	10:30-11:30am	Clare N.	December 17 & 24	Mat	
Mat Pilates	Tuesday	6-6:45pm	Ellen U.	December 17	Mat	
Yin Yoga	Tuesday	7-8pm	Clare N.	December 17	Mat	
Barre Sculpt	Wednesday	7-7:45am	Lisa H.	December 18	Mat, chair & weights	
Core without the Floor	Wednesday	9-9:30am	Ron D.	December 18 & January 1	Chair	
Walk & Tone	Wednesday	10:00-10:45am	Lisa H.	December 18	Chair & weights	
Total Body Fitness	Wednesday	11-11:45am	Jamie A.	December 18	Mat, chair & weights	
Pure Strength	Wednesday	3-4pm	Ron D.	December 18 & January 1	Mat, chair & weights	
BollyX Dance	Wednesday	6-6:45pm	Jacqueline H.	January 1	None	
Simple Strength	Thursday	9-10am	Becky O.	December 19 & January 2	Mat, chair & weights	
Functional Fitness	Thursday	9:30-10:30am	Ron D.	December 19, 26 & January 2	Mat & weights	
Yoga Flow	Thursday	10:30-11:30am	Clare N.	December 19, 26 & January 2	Mat	
Chair One Dance Fitness	Thursday	12:15-1:00pm	Jacqueline H.	December 19 & January 2	Chair	
Pure Strength	Thursday	5-5:45pm	Jamie A.	December 19	Mat, chair & weights	
Arms & Abs	Friday	8:15-9am	Jamie A.	December 20	Mat & weights	
Total Body Fitness	Friday	9:15-10am	Jamie A.	December 20 & January 3	Mat, chair & weights	
Vocal Yoga	Friday	12-1pm	Clare N.	December 20, 27 & January 3	Mat	
Nutrition Awareness: Nourish Your Body. Optimize Your Health	Friday	2-3pm	Julie M.	December 20	Paper/pen	
12 Days of Fitness	Saturday	10-11am	Ron D.	December 21	Mat & weights	
Pure Strength	Saturday	10-11am	Ron D.	December 28	Mat, chair & weights	
Yin Yoga	Saturday	10:15-11:15am	Clare N.	December 21 & 28	Mat	
Yoga Flow	Sunday	6-6:45pm	Ellen U.	December 22 & 29	Mat	

Zoom links are found in this column. An updated schedule with links will be sent to registered participants via email on 12/9.

CLASS DESCRIPTIONS



Arms & Abs – Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles.

Barre Sculpt – A total body barre workout that targets, shapes and defines all major muscle groups.

BollyX Dance – BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. There is no floor work.

Chair Exercise – Reduce pain and stiffness with gentle exercises while building strength and mobility. There is no floor work.

Chair One Dance Fitness – A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

Core without the Floor – This 30-minute class focuses on strengthening and stretching the muscles of your 'powerhouse'- the abdominal, back and hip muscles in a balanced way without needing a mat. All exercises can be performed while standing or seated in a chair. There is no floor work.

Functional Fitness – Improve daily functional performance levels with movement patterns that enhance strength, balance and flexibility.

Mat Pilates – A low-impact class that strengthens muscles while improving postural alignment and flexibility.

Pure Strength – Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle.

Simple Strength – Learn the basics of strength training with an emphasis on strength, balance and flexibility. There is no floor work.

Stretch and Strength – Class incorporates stretching exercises to enhance flexibility & strengthening exercises to improve overall fitness.

Total Body Fitness –Total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training with cardio bursts designed to tone your body and improve endurance.

Walk & Tone – Burn calories, increase energy and tone muscles in this 45 minute low impact indoor walking program using basic steps and strength training exercises to upbeat music.

12 Days of Fitness – A fun and festive class that involves a number of strength &/or cardio exercises that compound on each other, using the style of the “Twelve Days of Christmas” song.



YOGA

Core Flow – A dynamic yoga practice that incorporates traditional abdominal work, yoga sequences and breath work. Develop the power that lies within the core of your body!

Gentle Yoga – Ease into your yoga practice with slow, gentle movements and breath awareness that helps develop strength, flexibility and balance.

Vocal Yoga – Use breathing and sounding practices along with yoga stretches and movements, to strengthen the lungs and immune system and release tension. It’s also fun and light hearted, and good support for speaking or singing.

Yin Yoga – Focuses on combining long stretches with mindfulness meditation and optional breath work.

Yoga Flow – Dynamic yoga practice combines breath and movement while flowing through a series of yoga postures.

Yoga Sculpt – A dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences. Designed to tone and sculpt every major muscle group by using your own bodyweight, small hand weights and elastic bands.



WORKSHOP

Nutrition Awareness: Nourish Your Body. Optimize Your Health

A comprehensive guide to nutrition, covering essential topics like macronutrients, protein, and hydration. Learn about macronutrients, protein, and hydration, along with practical tools and strategies to improve your eating habits. By the end, you'll be empowered to make informed choices, achieve your health goals, and live a more vibrant life.

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