

THE BECOMING CENTER Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AQUATICS						
AquaCardio ROM III 	9:00-9:55 am		9:00-9:55 am		9:00-9:55 am	
AquaCardio ROM II	10:00-10:55 am 11:00-11:55 am		10:00-10:55 am 11:00-11:55 am		10:00-10:55 am 11:00-11:55 am	
AquaCardio ROM I	1:00-1:55 pm 2:00-2:55 pm		1:00-1:55 pm 2:00-2:55 pm		1:00-1:55 pm 2:00-2:55 pm	
Arthritis Basics		10:35-11:20 am		10:35-11:20 am		
H2O Aerobics	5:45-6:45 pm	8:00-8:45 am 9:45-10:30 am 5:15-6:00 pm	5:45-6:45 pm	8:00-8:45 am 9:45-10:30 am 6:00-6:50 pm		9:00-9:50 am
AquaCardio ROM	6:50-7:35 pm			6:50-7:35 pm		
Water Tai Chi/Ai Chi		8:50-9:35 am		8:50-9:35 am		
YOGA						
Yoga Level I		7:45-8:45 am 6:00-7:00 pm 	7:45-8:45 am	7:45-8:45 am 6:00-7:00 pm		
Yoga Level II		7:00-8:00 pm		9:00-10:00 am		
Yoga Level III		9:00-10:00 am				
Classic Yoga			6:30-7:35 pm			
Gentle Flow Yoga			3:00-4:00 pm			
TAI CHI / CHI KUNG						
Tai Chi - Beginners		3:15-4:15 pm		12:30-1:30 pm		
Tai Chi Level I		11:15 am-12:15 pm		11:15 am-12:15 pm		
Tai Chi Level II		12:30-1:30 pm				
Tai Chi Level III		1:45-2:45 pm		1:45-2:45 pm		
Chi Kung				3:15-4:15 pm		
GROUP FITNESS CLASSES						
Core and More	8:45-9:30 am		8:50-9:30 am		8:45-9:30 am	
Cardio Interval	9:30-10:15 am		9:30-10:15 am		9:30-10:15 am	
Silver Sneakers Classic®	10:20-11:05 am		10:20-11:05 am			
Strength & Stretch	12:15-1:00 pm				10:20-11:05 am	
Pilates		10:00-10:50 am		10:00-10:50 am		
Silver Sneakers Yoga®			11:15 am-12:00 pm		 11:15 am-12:00 pm	
Latin Z-Dance	11:15 am-12:00 pm					
Cranium Crunch	11:15 am-12:00 pm					
Strength & Roll			5:45-6:30 pm			
Balance Challenge			12:15-1:15 pm		 12:15-1:15 pm	
Meditation Class		10:00-10:30 am 	12:30-1:00 pm	10:00-10:30 am 5:30-6:00 pm		
Gentle Stretch		10:50-11:10 am		10:50-11:10 am		

 New Time/New Class/New Name

Updated December 2016

AQUATIC CLASSES

AquaCardio ROM: Aquatic program designed for exercises that can be preformed on multiple levels which encourages participants to work to their potential thru a series of Cardio, ROM, balance and strength exercises. Fun supportive class for people of varying abilities.

Arthritis Basics T/Th: Beginner Level class with no *White Water*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

H2O Aerobics: A moderate to high intensity aquatic aerobic class ending with arthritis range of motion exercises as a cool down.

Water Tai Chi: A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well being, with breathing, meditation and relaxation techniques.

YOGA

Yoga Classes: A progression of stretching and meditative breathing techniques available for all levels of expertise.

Classic Yoga: This class is a combination of standing and sitting postures that allow you to develop proper alignment and breathing techniques to build a solid foundation for your yoga practice. Opened to beginners and experienced students alike.

Gentle Flow Yoga: Vinyasa (flow) style class that focuses on using the breath to smoothly flow from one yoga pose to another. This class facilitates mindfulness, body awareness, and creates a practice that becomes a moving meditation. Chairs can be used to aid with balance. All levels welcome.

GROUP FITNESS CLASSES

Tai Chi®*: Tai Chi Chuan is a Chinese Internal martial art that teaches one how to cultivate the internal energy or Chi. Tai Chi Kung will provide such benefits as increased energy, improved mental focus, balance, flexibility and an inner calmness. Tai Chi Chuan can show you the way to attain harmony and balance in your life.

**Registrations are limited to the first 2 weeks of class due to difficulty of material.*

**Before you may start Beginners Tai Chi, you must complete a 12-week course of Chi Kung.*

Chi Kung: The internal art of Chi-Kung is the root and essence, the very foundation of any and all true internal martial arts. It is a modality of study that opens the door into understanding self and the relationship of self to all that is. All can truly benefit from its study and its marvelous benefits are felt on all levels of self.

**If you are just starting with Tai Chi, you must begin with this class*

Core & More: Components of Pilates, yoga, and strength training are used to strengthen your core, increase flexibility, and increase overall strength.

Cardio Interval: Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

SilverSneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support. **Please be sure to BRING WATER TO CLASS!**

Strength & Stretch: This is a chair level exercise class that is part muscle strengthening and part Yoga Stretch.

Pilates: Variable resistance exercises for anyone of any level of fitness to benefit from improved posture, tension release, heightened strength and balance, and overall body toning and conditioning.

Silver Sneakers Yoga®: Get ready, get set, breathe! This class will utilize a chair or mat to stretch and lengthen your body. We will be doing breathing exercises and will end the class with a brief meditation leaving you feeling refreshed and renewed.

Latin Z-Dance: Basic international dance—using the principles of Zumba, this class provides easy-to-follow moves to get you dancing and sweating to the beat.

Balance Challenge: Challenge your balance in this fun interactive class that will focus on the main areas that affect balance such as strength, flexibility, agility and coordination.

Cranium Crunch: Challenge your brain and your memory with this fun interactive brain aerobics class. We will focus on the development of positive mind stimulation & brain fitness!

Strength & Roll: Ready to add more to your workout? This strength training/foam rolling class is the perfect combination of building strength and stretching by utilizing a foam roller to release tension all over.

Meditation Class: This Meditation Class will offer opportunities to explore your inner self through the many modes of meditation including guided imagery, visualization, pure silence and Reiki. Take a few minutes out of your busy day and just be present.

Wednesday Meditation for Spiritual Awareness: Every 12 weeks you will learn a series of meditation practices, layered one upon the other, to enhance your journey of spiritual transformation.

**Registrations are limited to the first 2 weeks of class due to difficulty and layering of material*