

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CF- Yoga @ 6:30pm DH- Instructor's Choice @ 6:30pm	3 IBR- Instructor's Choice @ 6:30pm	4 HAPPY INDEPENDENCE DAY!! NO CLASSES!!	5 IBR- Instructor's Choice @ 6:30pm	6	7
9 CF- Yoga @ 6:30pm DH- Instructor's Choice @ 6:30pm	10 FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm	11 DH– Instructor's Choice @ 6:30pm	12 SP – Chair Aerobics @ 11:30am FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm SP- Step/Sculpt Aerobics @ 6:30pm	13	14 MYMCA Water Aerobics @ 11:00 am
16 CF- Yoga @ 6:30pm DH- Instructor's Choice @ 6:30pm	17 FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm	18 DH– Instructor's Choice @ 6:30pm	19 SP – Chair Aerobics @ 11:30am FDL – Water Aerobics @ 6:00pm SP- Step/Sculpt Aerobics @ 6:30pm	20	21 MYMCA Water Aerobics @ 11:00 am
23 CF- Yoga @ 6:30pm DH- Instructor's Choice @ 6:30pm	24 FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm	25 DH– Instructor's Choice @ 6:30pm	26 SP – Chair Aerobics @ 11:30am FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm SP- Step/Sculpt Aerobics @ 6:30pm	27	28 MYMCA Water Aerobics @ 11:00 am
30 CF- Yoga @ 6:30pm DH- Instructor's Choice @ 6:30pm	31 FDL – Water Aerobics @ 6:00pm IBR- Instructor's Choice @ 6:30pm			CF- Community Fellowship DH-Druid Hills FDL – Fieldale Rec Center IBR- Irisburg Ruritan Club MYMCA- Martinsville YMCA SP- Spencer Penn Centre	Pat Hall Paula Battle Anita Hooker Marsha Lopez

Class Information

Wesley Memorial United Methodist Church

Zumba Gold: Takes Zumba formula and modifies the moves and pacing to suit the needs of the active older adult participant or those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that is easy to follow, friendly, but most of all, FUN!!!

The Community Fellowship (Virginia Avenue in Collinsville beside of BTW 21)

Yoga (Fellowship Area): Brings strength and flexibility to your workout. A person can begin at any age and with any level of physical conditioning. Also includes abdominal strengthening moves.

Spencer Penn Centre

Chair Aerobics (Gym): This class can increase your strength, balance and vitality all while sitting down. This class creates movement, stretching, and helps increase your heart rate. Each exercise involves a series of slow movements.

Step Combo (Gym): A high-energy workout including various combinations of basic step, intervals and cardio techniques along with muscle conditioning using light weights and aerobic balls. Also includes abdominal strengthening moves.

Irisburg Ruritan Club

Instructor's Choice (Upstairs): A cardio/sculpt workout that includes low/high impact, kickboxing, step, sculpt, etc. There will also be some exercises incorporated in your workout to strengthen abdominal muscles.

Druid Hills Elementary School

Instructor's Choice (Gym): A cardio/sculpt workout including low/high impact, kickboxing, step, sculpt, etc. Also includes abdominal strengthening moves.

Martinsville YMCA/ Fieldale Pool

Indoor & Outdoor Water Aerobics: A combination of moves for any age or activity level, a fun and motivating class! Anyone can do this class, excellent for all joints in the body; arthritis, hip replacements, or anyone wants a "low impact-on-the-joints" class. 60 minute class that includes a great warm up, cardio fitness, strength training and flexibility cool down.

Water Aerobics Benefits:

Water aerobics is workouts that are pleasurable and exercise all at one time. The goal of this exercise is to promote cardiovascular

conditioning. The water resistance gives strength and flexibility that will increase muscle endurance which will improve balance.

Some of the major benefits of water aerobics:

- 1) Provides buoyancy and support that will help cause less injury to the muscles, bones, and joints.
- 2) The water adds lots of resistance which will help with toning the muscles of the body to increase muscle mass.
- 3) With less gravity the improvement of flexibility is greater. The decrease in gravity forces in the water makes this exercise possible for those with joint pain with the decreased anxiety of pain.
- 4) Heart rates are at a lower rate when compared to other physical activities, but the benefits of the cardiovascular conditioning are wonderful.
- 5) Help keep your body temperature cool, comfortable, and constant throughout the exercise.
- 6) Extremely beneficial when trying to burn extra calories.

****Please note that due to lifeguarding regulations water aerobics classes will be cancelled during thunderstorms.**

***If you are a new participant please inform the class instructor. They will give you the participant information packet to complete and return to the instructor.**

If Martinsville or Henry County Schools are closed or dismiss early due to inclement weather, classes will be cancelled also.

For more information contact Brittany Anthony at banthony@healthycommunitymhc.org
www.healthycommunitymhc.org

FREE Family **Aerobics** **July** **Calendar** & Information



Classes made possible through grant funding provided by:



the **harvest** foundation