



Terrace Crossing Class Schedule Jan 2 - Mar 17 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM	"Balance Class" Aerobics Rm 9:00-9:45AM Bekah		"Chairobics" Aerobics Rm 9:00-9:45AM Sandy		"Balance Class" Aerobics Rm 9:00-9:45AM Bekah	
9:45AM	Strength & Stretch Aerobics Rm 9:45-10:15AM Bekah	Supervision Fitness Room 10:00-11:30AM	Strength & Balance Aerobics Rm 9:45-10:15AM Sandy		Strength & Stretch Aerobics Rm 9:45-10:15AM Bekah	
10:00AM						
10:30AM						
1:00PM	Supervision Fitness Room 1:00-2:45PM		Chair Yoga Aerobics Rm 1:00-2:00PM Vicky	Supervision Fitness Room 1:00-2:45PM		
2:00PM			Supervision Fitness Room 1:00-2:45PM			
3:00PM						<u>Phone Numbers</u> FC: 717-581-4252 TC: 717-581-4421
4:00PM						

Land Fitness Class Descriptions

Chair Yoga - Intensity Level 1 - Is a gentle form of yoga that is practiced seated or standing using a chair for support. Yoga helps improve balance and mental sharpness, increases strength and flexibility and offers stress reduction.

Balance class - Intensity Level 2 - Utilizes standing, static exercises with coordination and balance moves

Strength and Balance - Intensity Level 2 - Features exercises using hand weights to improve muscular strength along with coordination and balance moves

Strength and Stretch - Intensity Level 2 - Uses hand weights to build strength and stretching to increase flexibility and range of motion

Chairobics - Intensity Level 3 - Is a seated class designed to have fun while moving to music with a variety of exercises to improve muscular strength, increase range of motion, and improve your ability to accomplish activities of daily living. Hand held weights, therabands, balls, and sticks are used throughout this class.

INTENSITY LEVEL SCALE				
1	2	3	4	5
Very Light	Light	Moderate	Intermediate	Maximum