





























SHARON TOWERS FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30 AM TAI CHI 	9:00 - 9:45 AM FLOOR YOGA 	9:00 - 9:30 AM TAI CHI 	9:00 - 9:45 AM FLOOR YOGA 	9:00 - 9:30 AM TAI CHI 
9:00 - 9:45 AM WATER WALKING 	10:00 - 10:45 AM AQUATIC CIRCUIT 	9:00 - 9:45 AM WATER WALKING 	10:00 - 10:45 AM AQUATIC CIRCUIT 	9:00 - 9:45 AM WATER WALKING 
9:45 - 10:15 AM STRONGER BODIES 1 	1:00 - 1:30 PM CHAIR ZUMBA 	9:45 - 10:15 AM STRONGER BODIES 1 	10:15 - 10:30 AM BEGINNER LINE DANCING 	9:45 - 10:15 AM STRONGER BODIES 1 
10:00 - 10:45 AM JUMP AROUND 	1:35 - 2:05 PM STRETCH & BREATHE 	10:00 - 10:45 AM JUMP AROUND 	10:30 - 11:15 AM LINE DANCING 	10:00 - 10:45 AM JUMP AROUND 
10:30 - 11:05AM STRONGER BODIES 2 & BALANCE 		10:30 - 11:05AM STRONGER BODIES 2 & BALANCE 	1:00 - 1:30 PM CHAIR ZUMBA 	10:30 - 11:05 AM STRONGER BODIES 2 & BALANCE 
11:15 - 11:55 AM STRONGER BODIES 3 & BALANCE 		11:15 - 11:55 AM STRONGER BODIES 3 & BALANCE 	1:35 - 2:05 PM STRETCH & BREATHE 	11:15 - 11:55 AM STRONGER BODIES 3 & BALANCE 
				Please call #7119 to schedule fitness orientations and personal training appointments

Fitness Offering Descriptions:

Aquatic Circuit: Multi-station class held in the pool delivered in a circuit format. Focus is on strength, flexibility, and balance.

Beginner Line Dancing: New to line dancing? This introductory class will help teach you basic dance steps and patterns. Meets 15 minute prior to Line Dancing.

Chair Zumba: Learn fun dance patterns and moves all while in seated position. Great for all abilities.

Fitness Center Orientation: By appointment only. Please call ext. 7119 to schedule.

Floor Yoga: This class is more challenging and incorporates traditional yoga poses both on the floor and standing.

Jump Around: High intensity aquatic class. Cardiovascular exercise and strength moves performed in a variety of patterns to engage the core and balance. Class requires good stability and balance.

Line Dancing: Great for both the body and the brain. Challenging dance patterns with lots of smiles and laughs.

Personal Training: This wonderful amenity is extremely popular! By appointment only. May be offered in your home or in the fitness center. Please call ext. 7119 to get started!

Stretch and Breathe: A combination of stretches, range of motion moves, and breathing. Great for managing stress. May be done seated or standing. This class is appropriate for everyone.

Stronger Bodies 1: This class will focus on strength and cardiovascular health. Class will be conducted from a seated position for the duration of the class.

Stronger Bodies 2 & Balance: This class will focus on strength, cardiovascular health, and balance. It will be a combination of seated and standing exercises. The last portion of class will focus on balance work.

Stronger Bodies 3 & Balance: This class will focus on strength, cardiovascular health, and balance. Class is high intensity and predominantly all standing work or all floor work. Be prepared to be challenged from head to toe in this class.

Tai Chi: Gentle, flowing movements that strengthen the body and improve mental balance. Studies show tai chi improves arthritis, heart disease, diabetes, and can reduce the risk for falling. Tai chi can be done either standing or seated.

Vitality Discovery: Not sure what class is best for you? Complete the Vitality Discovery! By appointment only. Please call ext. 7119.

Water Walking: A structured class designed to improve lower body strength, core strength, and balance. Great option to help alleviate aches and pains. Appropriate for all levels.

Pool Use Days and Times:

Scheduled Pool Buddy Hours:

Sharon Towers schedules a pool buddy during the following times should you not have someone to attend the pool with you. Please refrain from swimming laps or leisurely during scheduled class times. The following times are for open swim for laps swimming and water walking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45am – 12:30pm	9:00am – 10:00am	10:45am – 12:30pm	9:00am – 10:00am	10:45am – 12:30pm
1:00pm – 4:00pm	10:45am – 12:30pm	1:00pm – 4:00pm	10:45am – 12:30pm	1:00pm – 4:00pm
	1:00pm – 4:00pm		1:00pm – 4:00pm	

Open Swim Hours: Monday-Friday: 4pm-7pm, Saturday & Sunday: 9am-7pm

During **Open Swim** hours there is **NO POOL BUDDY** on duty. Residents and team members **must** swim with a pool buddy during these times.