



# FOREVER FIT

Recommended for members better than 50, and those wanting lower impact options

## MONDAY

9:10 am - Sit N Sweat SpinZone  
\*See Aqua Class Schedule

## TUESDAY

10:30 am - Tai Chi SpinZone  
\* See Aqua Class Schedule

## WEDNESDAY

9:10 am - Sit N Sweat SpinZone  
10:05 am - Beginner Tai Chi SpinZone  
\* Plus see Aqua Class Schedule

## THURSDAY

10:30 am - Tai Chi SpinZone  
\*See Aqua Class Schedule

## FRIDAY

\* See Aqua Class Schedule

# Forever Fit Class Descriptions

Forever Fit includes recommended classes for members better than 50 and those wanting lower impact options. All classes offered in warm water pool are also recommended.

**Tai Chi** - Chen Style Tai Chi is a form of martial arts that has become a discipline for health, meditation, self-defense and self-cultivation. It emphasizes relaxation and inner calm rather than just strength, and Tai Chi can be learned by anyone, regardless of age, gender or athletic ability. Tai Chi improves circulation and balance and helps to strengthen the nervous system, increase range of motion, tone muscles and release tension. This is an hour and half class. (90 mins) (Level: all fitness levels).

**Beginner Tai Chi** - See the above description. The difference is that BEGINNER Tai Chi is for those who want to get started on their Tai Chi journey. (Level: all fitness levels).

**Sit 'N Sweat** - This 45 minute class is designed to be a gentle aerobic workout. This is for the individual who is looking for improvement in health and fitness, but finds it difficult to stand. (Level: all fitness levels).