

Fitness Class Descriptions

The Wellness Center is open daily 4:00 am-10:00 pm

Pilates with Lynne: Beginner to Intermediate

A mind-body exercise that improves core stability, strength, flexibility, and requires attention to muscle control, posture and breathing using bodyweight. Class is in the fitness room on the lower level. Fitness mat and towels are provided. Bring a Yoga mat, if desired.

Yoga with Lynne: Beginner to Intermediate

This yoga class is suitable for all beginner to intermediate students; instructions and modifications are provided to help increase flexibility and joint function. You will learn simple meditation techniques and breath control while experiencing proper alignment in yoga asanas or posture. Located in the fitness room on the lower level of the Wellness Center. Fitness mat and towels are provided. Bring a Yoga mat, if desired.

Yoga with Giselle: All levels

This Yoga class consists of an eclectic blend of the best asanas along with proper breathing techniques. It's focused on structurally correct alignment of the body, balance, strength, and flexibility. We also keep our awareness of the meditative quality of the flow of poses. The classes may vary in intensity with slow flows and at times more intense routines. Each pose has a beginner, intermediate, and more advanced level, so everyone will be working on their own level with safety in mind. Each person will get a total body, mind, and spirit infusion, ending in Savasana, our final relaxation pose. Located in the fitness room on the lower level of the Wellness Center. Fitness mat and towels are provided. Bring a Yoga mat, if desired.

Barre with Bonnie: Beginner to Intermediate

Bonnie Pratt comes to Cedar Hammock with 16 years of ballet experience, a minor in dance at the University of Maryland, and has several ACE (American Council on Exercise) certifications. Her class puts a spin on the typical Barre class, inspired by elements of ballet and Pilates. Using a barre, mat, light weights, and popular mat Pilates moves, this class focuses on low-impact, repetitive movements

designed to strengthen and tone your body. In addition to strengthening your muscles, this full-body workout also helps develop agility and flexibility, and improves balance. Class is located in the fitness room on the lower level. Barre class is often barefoot. Towels, mats, and light weights are provided.

Zumba with Bonnie: Intermediate (\$10/class charged to member's CH account):

Often called exercise in disguise, this class takes the "work" out of a workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party with Latin songs, Motown, Bollywood, Pop, Flamenco, Mambo and much more. It is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of "happiness" each time you leave class. It's effective and fun! Smooth-bottom shoes, tennis or dance sneakers work best for Zumba®. Located in the fitness room on the lower level. Towels are provided.

Water Aerobics with Renee: Intermediate

All ages and abilities can increase flexibility, cardio, core, muscle strength, balance and joint mobility. This is a series of low-impact exercises that use water resistance in shallow water to improve stability, coordination, heart health, and strength. Participants are encouraged to work at their own pace and within their physical abilities. Located at the main pool.

SilverSneakers Circuit: Advanced Beginner

This official SilverSneakers class is designed to increase muscle strength, endurance, balance, range of motion, and cardio function. The exercises can easily be adapted for different fitness levels. Have fun and move to the music through low impact moves that alternate with upper body resistance work using weights, elastic tubing with handles, and 9' flexible balls for mobility, flexibility, strength and resistance.

This class is taught by Lena Hollmann, a certified SilverSneakers instructor with many years of experience teaching SS classes throughout the Naples area. A barre will be available for support, if necessary. All hand-held weights, bands, balls and towels are provided. Located in the fitness room on the lower level.

This coed class is FREE to all Cedar Hammock Silver Sneakers members. Non-SS members are always welcome, and can pay \$5 to the instructor using their CH

member charge. *We recommend that you call your supplemental insurance company prior to your first class to make sure that you are SilverSneakers eligible OR go to www.silversneakers.com to verify your SilverSneakers membership. Please bring the policy number for your supplemental Medicare insurance, or confirmation eligibility email to the first class.*

Stretch & Balance with Trower: Beginner to Intermediate

This class uses a variety of stretches and movements to improve flexibility and balance. Core exercises with an added emphasis on breathing improve the mind-body connection and control the body's balance system. Located in the fitness room on the lower level. Mat and towels are provided.

Powerlifting with Trower: All levels of fitness with a high level of intensity

A co-ed strength-specific barbell class that focuses on proper form to safely allow the user to achieve maximum strength and power with heavy weight loads, low repetitions and longer rest periods. Lifts are performed in a safety rack with spotters. Located on the upper level. Towels are provided.

Trower's Power Hour: Men's and women's classes with modifications for different fitness levels

This workout utilizes dumbbells to exercise all muscle groups and combines flexibility, muscle strength, and endurance through bodybuilding and functional weightlifting exercises. High repetitions, short rests, and proper technique are key to class effectiveness. Beginners can use light weights and modified versions of the exercises. Classes are located in the fitness room on the lower level of the Wellness Center. Mat and towels are provided.

Cardio with Trower: Classes can be modified for different fitness levels

This Power Hour workout includes a cardio component, with several muscle groups worked simultaneously. Classes are located in the fitness room on the lower level of the Wellness Center. Mat and towels are provided.

Tai Chi: Beginner (\$10/class charged to member's CH account)

Tai Chi is a low-impact exercise based in ancient martial arts. The simple, flowing movements of Tai Chi can help you improve balance, strength, and flexibility,

while reducing stress and gaining a sense of calm well-being. Wear comfortable, supportive shoes (such as thinner-soled walking shoes) and bring water. Classes are located in the fitness room on the lower level of the Wellness Center. Towels are provided.

Pop Music Line Dance with Bonnie (\$10/class charged to member's CH account):

Learn some fun and easy line dances to a variety of popular songs from different genres. Bonnie will break down and teach you some easy dance moves to Motown, rock & roll, retro songs, country and also current pop songs. This fun class will work your brain and your body! (Low to moderate intensity.)

Stretch & Flex with Bonnie (\$10/class charged to member's CH account):

Work your body and gain greater flexibility and mobility by moving in unexpected ways. This class uses weights and mat work to increase your ability to recover from high intensity activities and classes and help you to gain flexibility and repair your body to continue doing those things you love.

Corrective Exercise Classes: (\$15/class charged to member's CH account)

Each class is 45 minutes. The first class is SEATED and the second is STANDING (with an option for support if needed).

These classes are taught by Sloane Pereyra, a Corrective Exercise Specialist (CES) in group, individual, and virtual settings. She comes highly recommended by the SWFL Parkinson's Association. Her classes focus on balance, stability, postural alignment, core strength, muscle memory, and are designed specifically for people with Special Illness and Chronic Disease (including but not limited to Parkinson's, CHF, PAD, COPD, Neuropathy, etc.). The overall goal is for people with early onset or advanced symptoms to improve their daily quality of life by increasing strength, mobility and prolonging independence.

Classes are offered in the downstairs fitness classroom. Please wear sneakers or shoes with support.

All classes are free and coed unless otherwise noted.

PLEASE CHECK OUR FACEBOOK MARKETPLACE PAGE FOR MEMBER-LED FITNESS CLASSES, AND OUR CEDAR HAMMOCK WEBPAGE AMENITIES LINK FOR MEMBER-LED CLUBS AND ACTIVITIES!

If you are registered for a class and your plans change, please cancel online so the class can be available to other members. You may cancel up until 1 hour ahead. If you sign up for a fee-based class and do not cancel, your member account will be charged.

Guests are welcome at our Wellness Center if they attend with a member. If you want a guest to attend a class, please call Kaitlin no more than 3 days prior to the class, and give her their name and your member number. There is a \$10 guest fee per class that will be charged to the member's account, but a guest fee will not be charged for a fee-based class.

Virtual classes using the classroom Smart TVs will be added to the schedule soon.