

• January Fitness Classes •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Walk 7:30am Tai Chi 9:00 am	Morning Walk 7:30am Aqua Aerobics 9:00am Beginner Yoga 4:30 pm	Morning Walk 7:30am Yoga Flow 4:30pm	Morning Walk 7:30am Aqua Aerobics 9:00am	Morning Walk 7:30am Tai Chi 9:00am	Aqua Aerobics 9:00am

Morning Walk - This walking group meets promptly at 7:30am either at the Legends on the Lake parking lot or at the Wellness Center depending on the season. This activity usually takes about an hour.

Aqua Aerobics - The instructor will begin the first 20-minutes of class focusing on cardio endurance, working not only the heart and lungs but all muscles of the body. Aqua Aerobics is also great for all-over toning, and improving your balance, and don't forget those vocals, they'll also be worked. The class meets at the indoor pool.

Tai Chi - Tai Chi is an internal Chinese martial art that is practiced for both defense training and its health benefits. This class will help improve your fitness level as well as your balance, circulation, muscular endurance, and most importantly your quality of life.

Beginner Yoga - Is a slower paced gentle yoga class. This class will focus on basic posture and incorporating breath work and meditation. All skill levels welcome.

Yoga Flow - Yoga flow is great for cardio, strength, and flexibility! It connects the poses with the breath creating a continuous movement. This class incorporates intermediate poses that are optional.

Classes are complimentary with a Member Card – Lodging Guests are \$8 per class.

**For more information,
call 828.694.3005.**



Wellness Center

*Fitness classes are subject to change without notice. Children under 16 are not permitted to use the fitness center.