

SALAM Young At Heart

ATHLETIC CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:00am Line Dancing Upstairs	8:15 - 9:00am Body Pump Downstairs	8:00 - 9:00am Line Dancing Upstairs	8:15 - 9:00am Body Pump Downstairs	8:00 - 9:00am Line Dancing Upstairs
9:00 - 9:45am Above & Below Together Upstairs	9:00 - 9:45am Above & Below Together Upstairs	9:00 - 9:45am Above & Below Together Upstairs	9:00 - 9:45am Above & Below Together Upstairs	9:00 - 9:45am Above & Below Together Upstairs
9:00-9:45am Arthritis Pool	9:00-10:00am Aqualogix Pool	9:00-9:45am Arthritis Pool	9:00-10:00am Aqualogix Pool	
9:45 - 10:15am Coffee Social Lounge	9:45 - 10:15am Coffee Social Lounge	9:45 - 10:15am Coffee Social Lounge	9:45 - 10:15am Coffee Social Lounge	9:45 - 10:15am Coffee Social Lounge
10:00-10:30 Tai Chi Upstairs	10:00-11:00 am Dance Aerobics Upstairs	10:00-10:30 Tai Chi Upstairs	<i>New</i> 10:15 - 10:45 Basic Step Upstairs	<i>Starts Feb 5th</i>
11:00 - 12pm Aqua Combo Pool		11:00 - 12pm Aqua Combo Pool		11:00 - 12pm Aqua Combo Pool



Class Descriptions

Above and Below Together

This class consists of a series of exercises designed to strengthen (not bulk up), tone, and increase flexibility in the upper and lower body. Have fun and throw away your shoulder pads and work your “buns”!

Aquamotion

This class consists of aerobics, upper and lower body strengthening and range of motion with laughter to add spice to your workout. This is a great place to start and it's a great workout.

Aqua Combo

This class combines aerobic patterns, water walking and a toning segment in a easy to follow 1 hour class. Aqua Combo is all your favorite classes in one.

.

Line Dancing

This class is designed to learn the newest line dances and to get a good workout. It's one hour of fun !

Dance Aerobics

This class is for you if you like to shake it up a little! We use fun music and easy to learn dance moves to add some “groove” to your aerobic class.

Tai Chi

This class will teach you the basic Tai Chi postures in a lo intensity, beginner class. This class focuses on flexibility, strength, and balance.