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Introducing *Fit For Life* at the Healthplex Sports Club:

Fit For Life is a new total fitness program exclusive to the Healthplex. Our mission is to provide comprehensive challenges for every....body! This program is included free for Healthplex members.

This program is perfect for those looking to improve: muscle mass, joint health, bone density, mobility, core strength, balance, agility, stress, anxiety, blood pressure, back pain, cardiovascular health, mental clarity, sleep patterns, self discipline. Check out our Fit For Life land and aqua schedules below. These classes can also be found on our monthly group fitness schedules.

Fit For Life – Land Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30 am Strength for Life (Jess) Studio 1	9:00-9:30 am Meditation for Life (Krista) Mind/Body Studio	8:30-9:30 am Strength for Life (Jess) Studio 1	8:30-9:15 am Walk for Life (Jessica) Basketball Court	8:30-9:30 am Strength for Life (Jess) Studio 1
9:30-10:15 am Balance for Life (Jessica) Basketball Court	9:30-10:45 am Tai Chi for Life (Curt) Mind/Body Studio		8:45-10:00 am Qigong for Life (Curt) Mind/Body Studio	9:30-10:15 am Stretch for Life (Barb) Reformer Studio
	9:45-10:30 am Walk for Life (Jessica) Basketball Court	10:30-11:00 am Stretch For Life 30 (Barb) The Barre Studio		10:30-11:15 am Dance for Life (Nicole) SGT Studio
	12:30-1:30 pm Yoga for Life (Ruth Anne) Mind/Body Studio			10:45-11:30 am Function for Life (Maria) Basketball Court

Fit For Life – Aqua Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:25 am Aqua Easy for Life (Maria)		8:30-9:15 am Aqua Easy 45 for Life (Melissa)		8:00-8:55 am Aqua Easy for Life (Mindy)		
10:30-11:15 am Ai-Chi for Life (Christel)	11:30 am-12:25 pm Aqua Fibromyalgia for Life (Maria)	10:30-11:10 am Aqua Easy for Life (Vicki)	11:30 am-12:25 pm Aqua Fibromyalgia for Life (Maria)		11:00 -11:45 am Ai-Chi for Life (Christel/Maria/Julie)	
11:15 am-12:00 pm Aqua Arthritis for Life (Christel)	12:30 -1:15 pm Aqua NMC for Life (Maria)	11:15-11:55 am Aqua Arthritis for Life (Vicki)	12:30 -1:15 pm Aqua NMC for Life (Maria)	12:00-12:45 pm Aqua Arthritis for Life (Maria)		
	6:30-7:25 pm Strong & Fit for Life (Christel)					
7:30 - 8:25 pm Water Workout for Life (Julie)		7:30-8:25 pm Water Workout for Life (Julie)	7:30-8:15 pm Ai-Chi for Life (Christel)			



Fit for Life - Class Descriptions

Strength for Life - a specially designed weight training program that will improve strength and increase muscle mass. Other benefits include increased bone density and improved joint health. Various equipment is used. 60 mins.

Function for Life - a series of movements and exercises that will mirror functional living. Benefits are improvement of strength, mobility, and agility. Various equipment will be used. Seated and standing options. 45 mins.

Balance for Life - focused exercises that will increase core strength, improve agility, and increase proprioception. Modifications and challenges will be provided. 45 mins.

Dance for Life - made simple for those who love to dance but want simplicity. The focus is on balance and movement. 45 mins.

Yoga for Life - Basic yoga poses will be presented. Benefits include decreased stress, improved breathing, greater flexibility, reduced anxiety and decreased blood pressure. Class will be done seated in chairs and standing. 60 mins.

Stretch for Life - Seated and standing stretches that will increase flexibility, lower occurrence of injuries, improve back pain, and improve balance. 45 mins.

Walk for Life - Challenges will be provided to improve cardiovascular ability and heart health. Class will meet on basketball courts. Indoor/Outdoor weather permitting. 45 mins.

Tai Chi for Life - Graceful series of movements performed in a slow focused manner and accompanied by deep breathing. Designed to reduce stress, improve health, and increase well being. 75 mins.

Meditation for Life - Learn techniques that will reduce stress, improve mental clarity, develop concentration and healthier sleep patterns, create a more positive mood and outlook, and improve self discipline. Option to sit on floor or in chairs. 30 mins.

Qigong for Life - Rhythmic breathing coordinated with slow repetitions of fluid movement, a calm mindful state and visualization of guiding qi through the body. 75 mins.

Ai Chi for Life - a form of water exercise which uses slow circular movements to build strength, balance and flexibility while also promoting relaxation and a healthy mind-body relationship. 45 mins.

Aqua Arthritis for Life - This class incorporates head-to-toe stretching exercises and movements in order to preserve and restore flexibility & strength. It can help to improve coordination, balance and overall mobility. 45 mins.

Aqua Easy for Life - This is a low impact, total body conditioning program which targets beginners and those who are moving on after physical therapy and aqua arthritis. Its combination of aerobic, strengthening and stretching exercises can offer both comfort and challenge to participants of all fitness levels. 55 mins.

Aqua Fibromyalgia for Life - By taking advantage of the therapeutic properties of warm water, this class helps increase range of motion and muscle relaxation to decrease chronic pain and other physical discomforts. Slow, gentle motions and an integrated total body approach enhances the mind-body connection and an overall positive outlook. 55 mins.

Aqua NMC for Life - (Neuro-Muscular Conditioning) This class allows the participant to increase their mind body awareness in the buoyant warm water environment while stepping up the pace. 45 mins.

Strong & Fit for Life - This program uses equipment to increase functional fitness and core strength. Participants are encouraged to go at their own pace. 55 mins.

Water Workout for Life - This is a low impact, moderate intensity exercise program with special attention to overall strengthening. This total body workout includes cardiovascular conditioning, muscle toning, abdominal exercises and stretching. 55 mins.