



## DAC Fitness Southaven

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For comments or questions, contact Leigh McNeil at lmcneil@daclife.com

### Super Active Seniors (SAS) - Effective June 12th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CIRCUIT <small>Leigh 9:30am (Gym)</small>	SILVER SNEAKERS YOGA <small>Joyce 9:30am (Upstairs)</small>				
		DANCEFIT <small>Leigh 10:10am (GF room)</small>			
	Zumba Gold <small>Paula 10:30am (GF room)</small>		GRAVITY <small>Marketa 10:30am</small>		
SILVER SNEAKERS <small>Paula 11:00am (GF room)</small>		SILVER SNEAKERS <small>Leigh 11:00am (GF room)</small>			

**What's New for June?**  
-Deep Water Aqua on Monday nights and Thursday mornings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hydro Pilates <small>Sabrina 9:30am</small>	Aqua for the City of Southaven <small>9:15am</small>	Aqua for Arthritis <small>Paula 9:30am</small>	Aqua Yoga <small>Joyce 9:30am-10:15am</small>		Aqua <small>Debbie 9:00am</small>
Aqua <small>Leigh 10:30am</small>	Aqua <small>Leigh 10:30am</small>	Aqua <small>Paula 10:30am</small>	Deep Water Aqua <small>Sabrina 10:30am</small>	Aqua <small>Samantha 10:30am</small>	
Deep Water Aqua <small>Sabrina 6:00pm</small>	Aqua <small>Debbie 6:00pm</small>	Aqua <small>Sabrina 6:00pm</small>	Aqua <small>Debbie 6:00pm</small>		

#### Class Descriptions:

**Circuit** - A class combining cardio and weight training and balance. Interval type class including walking, weights, resistance tubes, balls, and your own body weight.

**Silver Sneakers Yoga** - Moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform movements.

**Gravity** - This challenges both strength and cardio using a cable-and-pulley system with a glideboard that can be inclined to various degrees. You then either sit, kneel or lie on the glideboard as you push or pull against the resistance of the incline using your own body weight combined with gravity, working the entire body.

**DanceFit** - Choreographed aerobic dance moves to music designed to get the heart pumping while having fun dancing. All fitness levels welcome and different levels of difficulty are shown.

**Silver Sneakers (Muscular Strength & Range of Movement)** - Hand held weights, elastic tubing and balls are used for resistance and a chair is used for seating and standing support.

**Zumba Gold** - The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

**Aqua** - A no impact workout using the resistance of the water. Cardio, water weights, noodles and stretching are done in these classes. Great for arthritis and post-rehab.

**Hydro Pilates** - Non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture, and relieves stress.

**Aqua Yoga** - Is a low impact aquatic exercise, performing Yoga poses in warm water. Aqua Yoga simultaneously helps you develop strength, balance, and increased range of motion.