



**IXL REHAB AND FITNESS CENTER LLC**

139 North Erie Street Mercer, PA 16137

Phone: 724-662-1776

## FALL FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	<b>Groove Dance</b> (8:30-9:15)					
9:00am		<b>Yoga</b> (9:00-10:00)	<b>Yoga</b> (9:00-10:00)	<b>Yoga</b> (9:00-10:00)		
9:30am						
10:00am	<b>Silver&amp;Fit</b> (10:00-11:00)	<b>Target Toning</b> (10:00-10:30)	<b>Silver&amp;Fit</b> (10:00-10:45)	<b>Target Toning</b> (10:00-10:30)	<b>Silver&amp;Fit</b> (10:00-11:00)	
10:30am						
11:00am	<b>BOCCE</b> (11:00-12:00)		<b>Cornhole</b> (11:00-12:00)		<b>BOCCE</b> (11:00-12:00)	
11:30am						
12:00pm						
12:30pm						
1:00pm						
4:00pm						
4:30pm						
5:00pm						
5:30pm	<b>Zumba Toning</b> (5:30-6:30)	<b>Mat Pilates</b> (5:30-6:30)		<b>Zumba Toning</b> (5:30-6:30)		
6:00pm						
6:30pm	<b>Yoga</b> (6:30-7:30)	<b>Spinning</b> (6:30-7:30)	<b>Yoga</b> (6:30-7:30)			
7:00pm						
7:30pm						

### Fitness Center Open Gym Hours

**Monday – Thursday: 6am-8pm**

**Friday: 6am-6pm**

**Saturday: 7am-12pm**

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## Fitness Class Description

**Yoga:** Increase your strength and flexibility all while improving your mood and reducing anxiety. All yoga classes are geared for the beginner to the advanced practitioner. As you flow from one posture to the next, you will strengthen all the muscles of the body and learn how to synchronize your breathing with each movement. Modifications and advancements are offered so that each person works to full potential of their own ability. Yoga has improved the quality life for millions of people around the world. Are you next?

**Zumba®:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. Join the party and dance away your worries and the pounds! Toning-Optional light dumbbells added to tone your arms while dancing to awesome music. Gold-Perfect for beginners and seniors who love to dance but may need more instruction and modifications. Spice up your workout!

**Spinning:** Enjoy this indoor cycling class as you not only improve shoulder, arm, core, and leg power, but burn crazy calories at the same time. The class focuses on endurance, strength, intervals, high intensity and recovery.

**Mat Pilates:** If you are looking to stretch and strengthen your body, Mat Pilates is the class for you! Classes will primarily focus on low impact exercises that enhances posture and improves balance all while stretching and strengthening the total body. Exercises are performed in a slow and controlled manner, requiring intense concentration.

**Silver&Fit:** This class is designed for moderately active seniors with experience in exercise. This class focuses on flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular Endurance.

**Target Toning:** A 30 minute class targeting the muscles of the upper and lower body muscles, as well as the core. Get a great total body workout using resistance bands and free weights as you strengthen all major muscles of the body.

**Groove Dance:** In each 5 minute routine, you'll do a couple of easy dance moves that work your whole body. An hour long class that's fun, uplifting and a truly great experience! Rather than just following the instructor exactly, you'll learn how to make each movement perfect for your body, no matter what your fitness level, and no matter what limitations you have that day. You'll do exactly what feels right for you.

**Step Aerobics:** This class combines cardio with weight training to provide for a great full body workout! With an adjustable step platform, this high-energy class helps increase endurance and body toning.

**Bocce:** A fun, interactive game that involves rolling large balls towards a smaller ball. The team who is closest to the small ball wins. Work as a team or by yourself as you attempt to out-roll the other team and score more points.

**Corn hole:** Have fun playing corn hole with an energetic, intense group of people. Have a great time, meet new people, and enjoy the company of others while playing games.

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