



## ALL Fitness Information

One of the benefits of the Adventures in Lifelong Learning program is the opportunity to participate in fitness classes. Unlike the regular academic, self-interest, special events, and water aerobics classes, members do NOT need to register for fitness classes. They can attend the classes based on their ability level and schedule. Members must sign a waiver each term.

A schedule of fitness classes offered can be found at [laroche.edu/ALLFitnessCalendar](http://laroche.edu/ALLFitnessCalendar).

- If an instructor cannot make it on a certain week, it will not appear on the schedule.
- Fitness classes will typically meet during break weeks unless the University or Center is closed. The ALL Fitness Calendar will reflect these closures.
- A general schedule of our fitness classes for the summer can be found below, but the calendar has the most up to date schedule.

## Summer Typical Fitness Schedule

### MONDAYS

- On the Move 9 - 10 a.m.
- Chair Yoga 3:30 - 4:15 p.m.
- Vinyasa Yoga Flow 4:30 - 5:30 p.m.

### TUESDAYS

- Zumba - Gold 9 - 9:45 a.m.
- Zumba Fitness 10 - 10:45 a.m.
- Gentle Yoga 3:30 - 4:30 p.m.
- Intermediate Hatha Yoga 4:45 - 5:45 p.m.

### WEDNESDAYS

- Circuit Training 9 - 10 a.m.
- Tai Chi - 108 Long Form *Intermediate* 12:30 - 1:30 p.m.
- Tai Chi - 24 Short Form *Beginner* 1:30 - 2:30 p.m.
- Muscle Conditioning: Strength and Endurance  
*Intermediate* 2:30 - 3:30 p.m.  
*Beginner* 3:30 - 4:15 p.m.

### THURSDAYS

- Muscle Conditioning: Strength and Endurance -  
*Intermediate* 8:15 - 9:15 a.m. | *Beginner* 9:15 - 10 a.m.
- Intermediate Hatha Yoga 9 - 10 a.m.
- Gentle Yoga 10:15 - 11:15 a.m.
- Meditation 11:30 a.m. - noon
- Chair Yoga 1 - 1:45 p.m.

### FRIDAYS

- Cardio and Strength Intervals 9 - 10 a.m.
- Beginning and Intermediate Mat Pilates 12 - 12:45 p.m.

Descriptions of the different types of fitness classes, levels of classes, and fitness courses instructor biographies can be found at [www.laroche.edu/ALLFitness](http://www.laroche.edu/ALLFitness). Plus level members must still register for the water aerobics class they would like to attend due to the size of the pool.

