

# Vitality Fitness

The Vitality Program is geared to participants who find the regular aerobics program too strenuous. We offer classes that will improve cardiovascular fitness, strength, muscular endurance, balance and coordination. Many options are provided for those with medical conditions (e.g.) arthritis, osteoporosis, diabetes, high blood pressure. Regular physical activity enhances overall health and enables us to enjoy our Activities of Daily Living. Our Certified Instructors who specialize in older adult fitness, will put you through your paces in a safe, welcoming environment that is geared to your needs.

If you have not been physically active on a regular basis,  
please consult your physician before participating in any physical activity.

Sept 6 - Dec 16

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00 am			Mid Tempo		
10:30 - 11:30 am	Low and Yoga Stretch	Strength & Tone	Zumba Gold	Low Interval	Variety Friday

**Balance & Walking:** Basic concepts and techniques that focus on body awareness and developing a stronger core with emphasis on proper skeletal alignment.

**Low & Yoga Stretch:** This class will combine a variety of activities to enhance cardiovascular fitness, strength followed by relaxing yoga poses.

**Strength & Tone:** The emphasis of this class is on muscular strength. Resistance equipment will be used to increase your functional strength so that you are able to enjoy and participate in your activities of daily living. Last part of the class will focus on specific exercises to strengthen the core muscles.

**Low Interval:** This class will inject segments of active muscle conditioning with low impact movements.

**Variety Friday:** This class offers something different every week. Please check the fitness board for the class descriptions.

Program	Reg.	Day	Length	Cost
Fall Vitality (Prior to Sept 1)	1585	Mon - Fri	Sept 6 - Dec 16	\$ 109
Fall Vitality (Registration after Sept 1)	1585	Mon - Fri	Sept 6 - Dec 16	\$ 115
Fall Discount 60+ years (Prior to Sept 1)	1586		Sept 6 - Dec 16	\$ 98
Fall Discount 60+ years ((Registration after Sept 1)	1586		Sept 6 - Dec 16	\$ 104
Vitality Drop-in (Prior to Sept 1)	1587			\$ 15
Fall Vitality & Weight Room (Prior to Sept 1)			Sept 6 - Dec 16	\$ 182
Fall 60+ Vitality Weight Room (Prior to Sept 1)			Sept 6 - Dec 16	\$ 164

**NOTE: Greenboro Weight Room orientation is mandatory. No program Monday, Oct 10 (Thanksgiving)**

Please note: Instructors for designated classes may change.