


**NORTHEAST COMMUNITY CENTER**

# GRATITUDE WEEK!

**FALL 2024: NOV 25 - NOV 30**

<b>MON</b> 11/25	<b>TUE</b> 11/26	<b>WED</b> 11/27 HOLIDAY HOURS 7 AM - 12 PM	<b>THU</b> 11/28	<b>FRI</b> 11/29 HOLIDAY HOURS 7 AM - 12 PM	<b>SAT</b> 11/30	
<b>CARDIO KICKBOXING</b> 6 - 7 AM JOSH GYM	<b>TUESDAY TIMBRE</b> 6 - 7 AM JOSH GYM	<b>CARDIO KICKBOXING</b> 7 - 8 AM JOSH GYM	<b>HOLIDAY DAY CLOSURE</b>	<b>DROP IN PICKLEBALL - ADULTS ONLY -</b> 7 - 10 AM GYM	<b>DROP IN PICKLEBALL - ADULTS ONLY -</b> 7 - 9 AM GYM	
<b>DROP IN PICKLEBALL - ADULTS ONLY -</b> 7 - 10 AM GYM	<b>DROP IN PICKLEBALL - ADULTS ONLY -</b> 7:15 - 10 AM GYM	<b>DROP IN PICKLEBALL - ADULTS ONLY -</b> 8 - 10 AM GYM		<b>FUNCTIONAL YOGA</b> 8:45 - 10 AM TINA MPR	<b>CARDIO CORE</b> 9:30 - 10:30 AM ERIKA MPR	
<b>HOLIDAY HUSTLE</b> 9 - 10 AM JOSH MPR	<b>HOLIDAY HUSTLE</b> 9 - 10 AM JOSH MPR	<b>HOLIDAY HUSTLE</b> 9 - 10 AM JOSH MPR		<b>TOTAL BODY CONDITIONING</b> 10 - 11 AM TINA MPR	<b>DROP IN PICKLEBALL - FAMILY STYLE -</b> 10 AM - 12 PM GYM	
<b>DROP IN BASKETBALL - ADULTS ONLY -</b> 10 AM - 12 PM GYM	<b>YOGA FOUNDATIONS</b> 10 - 11 AM SIDO MPR	<b>GENTLE YOGA</b> 10 - 11:10 AM TINA MPR		<b>QIGONG</b> 11 AM - 12 PM CATHERINE MPR	<b>DROP IN BASKETBALL - FAMILY STYLE -</b> 12:15 - 3 PM GYM	
<b>LUNCH BREAK</b> 12 - 1 PM JOSH GYM	<b>TAI CHI FITNESS &amp; BALANCE</b> 10 - 11 AM CATHERINE GYM	<b>DROP IN BASKETBALL - FAMILY STYLE -</b> 10 AM - 12 PM GYM				
<b>DROP IN PICKLEBALL - FAMILY STYLE -</b> 1:15 - 6 PM GYM	<b>ACTIVE OLDER ADULTS</b> 11:10 - 12 PM CATHERINE GYM	<b>FOAM ROLLER &amp; TRIGGER POINT RELEASE</b> 11:15 AM - 12 PM TINA MPR				
<b>WARRIOR RHYTHM</b> 5 - 6 PM HEIDI MPR	<b>ZUMBA</b> 6:15 - 7:15 PM MARLON GYM					
<b>TAI CHI - LONG FORM -</b> 6 - 7 PM ALEXIA MPR						
<b>YOGA FLOW</b> 7 - 8 PM LISA MPR						

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### ACTIVE OLDER ADULTS

**ACTIVE OLDER ADULT (AOA) FITNESS - Catherine** - Cardio activities in a gym setting for Active Older Adults to increase endurance, strength, and flexibility.

**QIGONG - Catherine** - Focused on breath, posture & mindful movement. Stimulating all systems of the body with fluid deliberate movement intended to stimulate circulation, and promote health, balance & harmony.

**TAI CHI: LONG FORM - Alexia** - The graceful & meditative practices of Tai Chi promotes physical and mental relaxation while strengthening the cardiovascular & immune systems. Beginners through advanced are welcome.

**TAI CHI FOR FITNESS & BALANCE - Catherine** - This class is based on a 14 -15 movement 2 corner form, with emphasis on posture, balance, breath work & promoting physical & mental health.

### YOGA

**FUNCTIONAL YOGA - Tina** - Power Vinyasa Flow, featuring fluid movement between poses. Medium-intensity, faster-paced class focusing on balance, stretches, standing, & core work. Adaptations provided.

**GENTLE YOGA - Tina** - Gentle, spacious movements & breath work to increase circulation, open the body, and release the mind. Longer held restorative poses for deeper relaxation.

**YOGA FLOW - Lisa** - Strengthen your body, increase flexibility, and bring a sense of focus and calm to your mind. Based on traditional Vinyasa flow, with a nice cool down to ground at the finish.

**YOGA FOUNDATIONS - Sido** - Let's explore the foundations of yoga together! Whether you are just beginning or have years of experience, we will provide a welcoming and lighthearted space to practice yoga.

### DANCE + CARDIO

**CARDIO CORE - Erika** - Challenge yourself with cardio intervals that focus on your core.

**CARDIO KICKBOXING - Josh** - Utilizes Western Boxing & Muay Thai for basic combinations, work form & balance. Apply kicks, punches, knees & elbows in partner drills & on the heavy bag. Bring your own boxing gloves. Sign up ahead of time on Mindbody.

**ZUMBA - Marlon** - Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue, & mambo.

### STRENGTH

**HOLIDAY HUSTLE - Josh** - This three day program is going to start the holiday week off with a fun challenge! Holiday Hustle is interval training similar to a circuit training class but done collaboratively. Scalable to all levels and intended for daily exercise, so come for one day or join us for all three and roll out the holiday week with laughs and a great time together.

**LUNCH BREAK - Josh** - Designed to give you a great workout in your mid-day window, Lunch Break is a circuit class with scalable exercises at each station. Join us anytime between 12-1pm on Monday and Wednesday and get in where you fit in!

**TUESDAY TIMBRE - Josh** - This early bird class will mix strength training, cardio, calisthenics and more with an emphasis on whole body focus and functional fitness!

**TOTAL BODY CONDITIONING - Tina** - A full-body weights class melding Pilates, strength, balance and some cardio. Get ready to sweat!

**WARRIOR RHYTHM - Heidi** - Fitness focused with yoga undertones. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! All levels welcome.

### OTHER

**FOAM ROLLER + TRIGGER POINT RELEASE - Tina** - Practice techniques for trigger point release, and muscle pain and tension relief using tools such as balls and foam rolling. Equipment provided or bring your own.

**DROP IN SPORTS** - Get the family together and drop-in to play pickleball or basketball over the Thanksgiving week holiday! We have special times for adults only, as family style will be contact free, and geared to ages 5+ with adult (18+) supervision. Fun for the whole family!

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