

# Charrette Creek Commons

## FITNESS CENTER

### group exercise schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55 a.m. <b>Yoga</b> Multipurpose Room		8:00-8:55 a.m. <b>Yoga</b> Multipurpose Room	8:15-9:00 a.m. <b>Silver Sneakers Mind (stretch)</b> Multipurpose Room	8:15-9:10 a.m. <b>Yoga</b> Multipurpose Room
9:00-9:55 a.m. <b>Silver Sneakers Splash</b> Swimming Pool		9:00-9:55 a.m. <b>Silver Sneakers Splash</b> Swimming Pool		9:15-10:00 a.m. <b>Silver Sneakers Boom</b> Multipurpose Room	
10:15-11:10 a.m. <b>Silver Sneakers Circuit</b> Multipurpose Room		10:15-11:00 a.m. <b>Silver Sneakers Boom</b> Multipurpose Room		10:15-11:10 a.m. <b>Silver Sneakers Classic</b> Multipurpose Room	
		11:15-12:10 a.m. <b>Silver Sneakers Classic</b> Multipurpose Room			
			4:00-4:55 p.m. <b>Pilates</b> Multipurpose Room		

Schedule from June 13 – September 2, 2022. Subject to change.

In inclement weather, Chair Yoga featuring joint friendly exercises, will be conducted in the fitness center in place of the Silver Sneaker Splash class.

**GROUP CLASSES:** 1 Class - \$12 | 10-Class Package - \$50 (no expiration)

**UNLIMITED CLASSES:** Monthly - \$50 | Yearly - \$500

Register at [information@innsbrook-resort.com](mailto:information@innsbrook-resort.com) or 636.928.3366 x9180.

### personal training

Prices for 1-hour sessions.  
Half-hour sessions are also available.

	1 SESSION	5 SESSIONS	10 SESSIONS
<b>Individual</b>	\$65	\$250	\$400
<b>Small Group</b> 2-4 people, shared cost	\$75	\$300	\$500

To sign up for personal training, please contact: Sue - [suerowland63@yahoo.com](mailto:suerowland63@yahoo.com)

### hours of operation

**Fitness Center**  
Daily 6 a.m. - 8 p.m.



**Innsbrook**

# class descriptions

---

## **Silver Sneakers Boom Muscle**

(weight training with some aerobics exercises): Incorporates exercises with a variety of fitness equipment that improve total body conditioning. You'll move through several groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Perfect for men and women looking to improve overall fitness -- and even those wanting to improve their golf, tennis, pickleball and other recreational games. Fitness level: intermediate to advanced exercisers; ability to get up and down from the floor is required.

## **Silver Sneakers Splash**

(Water Aerobics): Joint-friendly cardio and resistance training in the pool. Wear your swim attire, pool shoes and sunscreen. Bring a towel and a bottle of water. No swimming required. Appropriate for all fitness levels. (NOTE: For individuals with arthritis, please note that the ideal water temperature for joint health is 83 degrees for higher.)

## **Silver Sneakers Chair Yoga**

(chair stretches): Incorporates seated and standing stretches designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation will promote stress reduction and mental clarity. Fitness level: All; all exercises are sitting or standing (participants will not sit or lay on the floor for any exercises).

## **Silver Sneakers Classic**

(weight training): Incorporates a variety of total body exercises with dumbbells, exercise bands, balls, etc. Each participant will have a chair. Standing and seated exercise options will always be provided. Fitness level: All; all exercises sitting or standing (participants will not sit or lay on the floor for any exercises).

## **Silver Sneakers Boom Mind**

(stretch): Gain strength, confidence and flexibility through stretching. This class takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance. Fitness level: intermediate to advanced exercisers; ability to get up and down from the floor is required.

## **Silver Sneakers Circuit**

(weight training with some low intensity cardio – all standing or sitting in chair): Incorporates standing exercises with a variety of fitness equipment that improve total body conditioning. Brief standing low impact aerobics exercises are included for a total body workout. Chairs are provided for participants to place their equipment on and underneath and to assist when doing exercises that include balance. Appropriate for all fitness levels. All exercises are done standing or sitting (participants will not sit or lay on the floor for any exercises).

## **Mat Pilates**

Improve strength and flexibility by focusing on strengthening and lengthening muscles, as well as enhancing mental awareness.

## **Yoga**

Yoga has been practiced for thousands of years across the world because it's a great way to build strength, stamina and flexibility, without putting undue stress on your body. By meditating, focusing on your breath and stretching your muscles, yoga also cultivates a wonderful sense of inner peace and serenity. Class format is dependent on the instructor and appropriate for all levels.

## **Personal Training**

*Individual* - A custom one-on-one workout based on member's goals, ability and experience.

*Small Group* - A personal training session with your friend(s) who have similar goals.