



**FITNESS CENTER
HOURS OF
OPERATION**



The fitness center is open
5 a.m. - 9 p.m.
Seven days per week



[Click here for the Fitness
Calendar.](#)

Please
RSVP

It's very important to follow reservation policies for group fitness classes. Instructors require a minimum number of attendees in each class. If the class does not reach the minimum required, class will be cancelled.

You now have two options to register for a class:

*Register through the online calendar at
www.theplantationonline.net

OR

*Email Sandra Reynolds by [clicking here](#)

REMINDER...

As a courtesy to all of the residents, please wipe down the equipment after each use.

Thank you for your cooperation!

**Please
Wipe Down
Equipment
After Use**

Please note that there is a limited amount of **fitness equipment available** for certain fitness classes such as mats, blankets and bolsters that are for the convenience of all residents. Please



RESERVATION & CANCELLATION POLICY



Reservations for fitness classes must be received by 3 p.m. the day before. Monday class reservations are needed by 3 p.m. the Friday before. Cancellations for fitness classes must be received 24 hours prior to the class to avoid being charged for the class.

Fitness Tip Dieting mistakes 101

1. You dramatically cut calories beyond what your body is used to and needs. If you weigh more than 90 pounds, you shouldn't be consuming 1,200 calories. Your body will freak out and you will binge. This will lead to a pendulum effect of starving to binge eating. This way of dieting has never helped anyone in the long term. Plus, you will not be getting in the appropriate micronutrients (vitamins and minerals) your body needs for long term health. Solution- Track everything you eat for 4 days. Add up the total calories after those 4 days and find the average. This is what your body is used to. To lose body fat,

return them after each use to the place where they belong. Please do not remove them from the fitness room. We encourage that

If you attend a fitness class regularly, we encourage you to please bring your own equipment. We thank you in advance for your cooperation.

As a friendly reminder, please comply with the [Fitness Center Rules](#) in order to maintain the gym in good condition and keep it in great shape for your fellow residents.



PERSONAL TRAINING

The Plantation has a personal trainer that is ready to assist you in your personal health and fitness goals.



Interested in personal training? Feel free to contact Danielle at chtraining@gmail.com for any questions you may have or to set up your appointment.

Adding Mondays during the summer!

Body Fit

Monday | 10 a.m.

Wednesday | 4:45 p.m.

Saturday | 9 a.m.

\$7 per Class

Reservations Required

Instructor: Quincy Dittman



This is a moderate paced aerobics class consisting of timed stations.

All forms of exercise complement each other. Burn fat, strengthen your heart and increase your daily energy level safely and effectively.

A minimum of three participants is required for this class.

reduce that average by 250-500 (say it was 2,400 total calories, you now shoot for a consistent 2,150-1,900 calories) calories and that would be a good starting point. Note that we should be dieting down with as much food as possible to see the type of progress you are wanting.

2. You cut carbs because you heard they are the "devil food" and will make you fat.

They should be the most significant macronutrient you consume. If anyone has carb cycled, they will be able to attest that they feel extremely weak on their last low carb day and the day after they have a higher carb day they have way more energy. This extra energy, when utilized in combo with resistance training, will burn so many more calories than someone that exercises with reduced carbs. More energy results in more power. More power means more calories burned. More calories burned means you have a greater deficit and deficits burn fat. Fat is burned in the flame of carbohydrates. Solution- Use your fist as you guide. Your serving of prepared carbs should be roughly the size of your fist. Shoot to have 4-5 meals with a serving that size. Shoot for nutrient dense foods like potatoes, rice, oats, whole grain breads, quinoa, black beans, etc... these will keep you satiated longer and that

Yoga

Wednesday | 10 a.m.

Price: \$8

Reservations Required

Instructor: Bernadette Mansfield



No class on Wednesday June 10, 17 & 24

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems.

Piloxing

Wednesday

Time | 8:45- 9:45 a.m.

\$7 per class

Reservations Required

Instructor: Bernadette Mansfield



No class on Wednesday June 10, 17 & 24

It's an exercise class that blends the muscle sculpting of standing Pilates, the strengthening and cardio of boxing and the fun of dance into a high energy interval workout. The fusion of these disciplines keeps the classes feeling new and fun but are all rooted in core centered technique and therefore complement each other perfectly.

A minimum of three participants is required for each class.

Aquafit

No Aqua Fit in June.

This is a water exercise class focused on both cardiovascular and strength benefits. You perform



will help prevent those urges for your chocolates or chips.

3. You do a 180* turn and get super restrictive with what you can eat.

People say that you can't have foods like hummus (really? It's Chickpeas, Olive oil and spices) or even more processed foods. While I highly encourage consuming nutrient dense whole foods for the majority of your diet, I see nothing wrong with a moderate sweet treat. If you begin a "diet" and are constantly telling yourself, "I can't, I can't, I can't.", then it won't be long before you do and you'll really go at it! Solution- Nothing is off limits. Instead, say "I can, I just don't want it right now." and if you do want it, have a moderate portion. A spoonful of sugar never set anyone back, but the binge sessions do! Avoid the sweet treats when you are starving because you'll throw moderation out the door. Consume the quality nutrition first and then have a little treat. You won't feel deprived and you'll still be on track for your fitness goals. No need to diet, find a lifestyle that you can live with and maintain long term.

Danielle Hansen
ACSM - CPT

large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

Inspiration & Expression Yoga with Connie Gallo

No class during the summer.



Yoga is great because improves your flexibility, circulation, strength and balance. It also increases your metabolism and energy levels resulting in weight loss and the improvement of your posture and alignment of your spine. It puts a spring in your step, gives a luster to your skin and a sparkle in your eye.

Tai Chi Instructor: Andy Galan

No classes in June.



Tai chi, also called tai chi chuan, is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Medical research has found evidence that tai chi is helpful for improving balance and for general psychological health and that it is associated with general health benefits in older people.

A minimum of three participants is required for this class.