



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.

Register through the online calendar at [www.theplantationonline.net](http://www.theplantationonline.net).

**FITNESS CENTER  
HOURS OF  
OPERATION**



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

**Complimentary Equipment  
Orientation with Quincy Dittman.**



Saturday, October 10  
Somerset at 10:15-10:45 a.m.  
Bridgetown at 11-11:30 a.m.

Join Quincy Dittman, Certified Personal Trainer and instructor of the Body Fit classes, in this orientation. Learn how to use the fitness equipment and the gym etiquette so you feel more comfortable in our fitness rooms.

RSVP on the [website!](#) Reservations are required.



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

### 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.

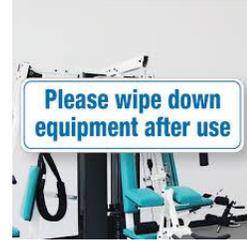
### Fitness Tips

- Find a workout partner to keep motivated
- Create a music playlist that keeps you moving
- Buy yourself new workout gear in energizing colors
- Change your routine every couple months to keep from getting bored.

### REMINDER...

As a courtesy to all of the residents and for the gym's hygiene please wipe down the equipment after each use.

Thank you for your cooperation!



Please do not leave your personal belongings unattended. Please note lockers are available for daily use. The association is not responsible for any loss or damage.



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 Trainers

The Plantation has 3 personal trainers to assist you in your personal health and fitness goals.

Interested in personal training? Feel free to contact Andy, Quincy or Danielle for any questions you may have or to set up your appointment.



Andy Galan  
powerupfitness@gmail.com



Quincy Dittman  
QFIT4U@gmail.com

If you need guidance consult a personal trainer. Try something new like tennis, biking, paddle boarding

**Set Goals-** start with simple goals & move to longer range goals as you progress.

For example- if you haven't exercised in a while a short term goal might be to walk 10 minutes a day 3 times a week. Progress from there.

**Do Them Right:** To maximize your workout, good form is a must.

### **Build Better Abs**

Don't work your abdominal muscles every day. "Physiologically, your abs are like any other muscle in your body," says David Pearson, Ph.D., C.S.C.S., an exercise scientist at Ball State University. Train them only 2 or 3 days a week.

### **Protect Your Neck**

Put your tongue on the roof of your mouth when you do crunches. "It will help align your head properly, which helps reduce neck strain," says Michael Mejia, C..S.C.S., Health exercise advisor.



Danielle Hansen dchtraining@gmail.com

## **Inspiration & Expression Yoga with Connie Gallo**

**Starting on Wednesday, October 21 and 28**

Monday and Wednesday's starting November!

Time: 10 -11:30 a.m.

Price: \$13 drop in, \$110/10 card available



Come join me for a class that begins with gentle poses to awaken the energy system, then moves to a flow of basic poses that brings flexibility, stability, strength and balance. We target the areas of the body where we hold stress and allow the body to release and relax. It's a great class for beginners, as well as intermediate students for overall health benefits. My classes are filled with information and handouts to help you make wise and informed decisions about your health and well-being. Great way to start your day- come join the fun!

**All Body Fit classes will be \$8 per class effective October 1.**

## **Body Fit Strength and Tone**

**Starting 2 classes on Wednesdays at 4:45 p.m. and another at 5:45 p.m.**

A weight training class designed to build strength and tone muscles for all levels of fitness.



### Keep Muscles Limber

If you're under 40, hold your stretches for 30 seconds. If you're over 40, hold them for 60 seconds. As you reach your 40s, your muscles become less pliable, so they need to be stretched longer.

### Grow Muscle, Save Time

Keep your weight workouts under an hour. After 60 minutes, your body starts producing more of the stress hormone cortisol, which can have a testosterone-blocking, muscle-wasting effect.

### Exercise in Order

Use dumbbells, barbells, and machines-in that order. "The smaller, stabilizer muscles you use with dumbbells fatigue before your larger muscle groups," says Charles Staley, a strength coach in Las Vegas. So progress to machines, which require less help from your smaller muscles, as you grow tired.

### Strengthen Your Core

Don't be afraid of sit-ups. We've changed our tune on these, and here's why: Sit-ups increase your range of motion, which makes your abdominal

### Body Fit Circuit Fun:

**Saturday | 9 a.m.**

**No class On Saturday, October 17**

Start your day with an upbeat and fun workout that takes you through timed circuits working the whole body. This class incorporates low to moderate impact cardiovascular movement as well as challenges your balance using various equipment.

Due to the busy participation we are having on Saturdays class, ONLY the first 14 to sign up are in. Quincy will respond to each person as the emails come in to confirm they have a spot. Please sign-up on the website.

**\$8 per Class**

**Reservations Required**

**Instructor: Quincy Dittman**

**A minimum of three participants is required for these classes.**

### Piloxing

**Wednesday**

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

**\$7 per class**

**Reservations Required**

**Instructor: Bernadette**

**Mansfield**



**Starting on Wednesday, October 14**

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.

work harder and longer. (Doing crunches on a Swiss ball or with a rolled-up towel under your lower back has a similar effect.) Just avoid sit-ups with anchored feet, which can hurt your lower back.

## **Tai Chi**

**Thursday 8:45-9:45 a.m.**

**Price:\$8**

**Reservations Required**

**Instructor: Andy Galan**



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.**