



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.

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

Gym Etiquette



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!

DRESS CODE POLICY

Appropriate athletic attire is required for all residents and designees using the fitness

REMINDER...

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.



center. **Shirts and closed toe shoes are required to be worn at all times** inside the fitness center. Casual attire, including, but not limited to denim of any type or bathing suits, is not allowed.

Keeping a layer of fabric between you and the equipment helps protect you. Please help us prevent bacterial disease and prolong the life of the fitness equipment.

FITNESS CENTER HOURS OF OPERATION



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



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



Danielle Hansen dchtraining@gmail.com

Demo for YOQUA and PILOXING!

Wednesday, November 11
Piloxing-Time 8:45 a.m.
Yoqua-Time | 10 a.m.
Reservations Required
RSVP on the Website!
Instructor: Bernadette
Mansfield



[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.

How to Lose That Extra Pound

Every year we go on thinking to ourselves about losing that extra pound. You might ask yourself, what is a good way to do this? Let's look at the options which are recommended first of all. We have eating healthy which include, cutting fats and carbs, eating higher protein meals, and eating larger amounts of vegetables that are lower on the starchy side. We then also have exercise of many modes which are available from low to

New Class starting in November!

YoQua

Wednesday

Time | 10 a.m.

\$8 per class

Reservations Required

Instructor: Bernadette

Mansfield



Water aerobics and yoga in the same class. Begin with a low intensity aerobic session in shallow and deep water. Flow to a slower segment incorporating the principles of yoga to stretch and extend your body.

New Class on Monday's at 9 a.m.

H2T with QFit

Price: \$8

Instructor: Quincy Dittman

Reservations Required



Head 2 Toe total body workout lead by a certified personal trainer. Tone and strengthen your body from head to toe using bands, weights, mats, and balls to increase metabolism and challenge balance. Incorporating cardio intervals for optimal calorie and fat burning to maintain a healthy heart.

Piloxing will be \$8 per class effective November 18

Piloxing

Wednesday

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

\$8 per class

Reservations Required

Instructor: Bernadette

Mansfield



moderate to high intensity classes or personal training is also an option, which can help to find your level of fitness through the assistance of a personal trainer. So back to the pound thought. So food adds calories and exercise creates a deficit of calories, meaning it creates a negative effect of calories. This is key to every program that is designed for each person. Knowing this formula, you can figure the more food I eat the more I will put on. The fewer calories I take in, the less my body has to burn. This does not mean no exercise. The less active you are the more you should be thinking about exercise added to your day. Exercise is a crucial part of a healthy lifestyle. Exercise helps improve cardiovascular fitness, improved circulation to outer extremities, muscle tone, endurance, strength, balance, prevents osteoporosis, and much more. Improvement in any of these areas of fitness will improve health and hence creating weight loss. For best results use both concepts, first decrease your portion amounts. Then add an

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.

Body Fit Strength and Tone

**Wednesdays at 4:45 p.m. and
Wednesday at 5:45 p.m.**

**No class on Wednesday,
November 25**

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



Body Fit Circuit Fun:

Saturday | 9 a.m.

No class On Saturday, November 28

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 Saturday's 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.

exercise routine or join a class and work at your own level. A pound a week is ideal for weight loss for someone without health conditions.

Andy Galan
BS, Nasm CES & CPT

It's an unfortunate law of weight loss: The last 10 pounds are harder to shed than the first 30. That's because the slimmer you become, the fewer calories you burn just going about your day, explains Madelyn Fernstrom, PhD, founding director of the Weight Management Center at the University of Pittsburgh Medical Center and author of *The Runner's Diet*. For every pound you lose, your metabolism slows by up to 20 calories a day. But we do have some good news: Easy tweaks to the good habits you've already established can push you past your plateau and help you reach your final weight loss goal.

Tai Chi

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

Price:\$8

Reservations Required

Instructor: Andy Galan



No class on Thursday, November 26

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.

Inspiration & Expression Yoga with Connie Gallo

Monday and Wednesday

Time: 10 -11:30 a.m.

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



No class on Wednesday, November 25

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!