

Dorothy C. Benson Senior Multipurpose Complex



Water Fitness Programs

Water Fitness Room Orientation Every Fri. 9:30 am (by appointment only)

Pool Orientation is required for all new participants in the water fitness program. During orientation you will learn the rules and regulations of the aquatics program and how to properly enjoy the pool.

The pool is open for use by registered participants.

Open Water Fitness

Monday – Thursday 2:00pm – 4:00pm

Friday 9am – 12:00pm, 1:00pm – 4:00pm

A lifeguard is on duty however, no class/fitness instruction are available during Open Water Fitness.

NOTE: The pool is closed every day from 12:00-1:00

Class Capacity for Water Classes: 12

Water Aerobics I 10-minute warm-up, 15-20 minutes of aerobic exercise	Mon. & Wed.	9:00am -9:45am	7/11-9/21
Water Walking 10-minute warm-up with stretching followed by low impact water walking	Mon. & Wed.	10:00am -10:45am	7/11-9/21
Water Aerobics II 30-minute aerobic workout in the water followed by stretching and toning exercises	Mon. & Wed.	11:00am - 11:45am	7/11-9/21
Suspended & Weightless Aerobics An intense workout using flotation devices to keep your feet off the bottom of the pool	Mon. & Wed.	1:00pm - 1:45pm	7/11-9/21
Water Aerobics I 10-minute warm-up, 15-20 minutes of aerobic exercise	Tue. & Thu.	11:00am-11:45am	7/12-9/22
Water Aerobics II 30-minute aerobic workout in the water followed by stretching and toning exercises	Tue. & Thu.	1:00pm-1:45pm	7/12-9/22

****Registration is required for all aquatics classes. Registration dates- June 27th – July 1st, 2:00pm – 5pm.**

Come to the pool or call 404-612-2312 or 470-845-3905 to register.

(If you receive voicemail, please leave a detailed message- name, phone number, and class name.



Dorothy C. Benson Senior Multipurpose Center-Third Qtr. 2022
Health and Wellness Fitness Class Schedules

Someone will call you back within 24 hours to confirm your class registration)

Aquatic Class Workshops

Aqua Bike is spin bike that goes in the water. Aqua Bike workouts are particularly well-suited for people who suffer from joint, muscle, or bone pain and for individuals looking to get a high impact workout in a low impact environment. The water's buoyancy reduces the strain on your body, and as a result, will reduce the impact the exercise has on your joints compared to a land-based workout. **Class Capacity: 10**

Aqua Bike Session I	Tuesday	10:00am-10:45am	7/12 – 8/9
	Thursday	10:00am-10:45am	7/14 – 8/11

****Session I registration- June 27th – July 1st, 2:00pm – 5pm. Come to the pool or call 404-612-2312 or 470-845-3905 to register.**

Aqua Bike Session II	Tuesday	10:00am-10:45am	8/23 – 9/20
	Thursday	10:00am-10:45am	8/25 – 9/22

****Session II registration- August 15th – August 19th, 2:00pm – 5pm. Come to the pool or call 404-612-2312 or 470-845-3905 to register.**



Dorothy C. Benson Senior Multipurpose Center-Third Qtr. 2022
Health and Wellness Fitness Class Schedules



Land Fitness Programs

Fitness Room Orientation Thursdays 1:00pm-2:00pm (by appointment only)

Orientation is required for all new participants in the Fitness Center. During orientation you will learn the rules and regulations of the Fitness Room and how to properly use the exercise equipment.

Open Fitness Room

Mondays, Wednesdays, Fridays 9:00am – 4:00pm

Tuesdays 1:00pm – 4:00pm & Thursdays 2:00pm – 4:00pm

Open fitness is for use by Benson Members only. No instruction is available.

NOTE: The Fitness Room closes for cleaning every day from Noon - 1:00pm

*****Many of the Land Fitness Classes are “hybrid” classes. The hybrid classes are offered “in-person” and “online/virtual” via Zoom. Registration is required for ALL in-person classes. Registration is NOT required for classes taken online via Zoom. A weekly schedule is available for online/virtual classes. The weekly schedule is distributed via email.**

Virtual Classes:

Monday Cardio Strength 10:00am ZOOM

A 45-50-minute class that consists of 20 minutes of low impact cardio set to music, 20 minutes of strength, core, and balance training. Light weight dumbbells are optional but recommended. Class concludes with a cool down and stretch.

Wednesday Cardio Circuit 10:00am ZOOM

A 45-50-minute class that after the warmup alternates between 5-minute cardio and 5-minute strength segments that work all major muscle groups. Dumbbells are optional but recommended. Class concludes with a cool down and stretch.

****Registration is not required for virtual classes**



Dorothy C. Benson Senior Multipurpose Center-Third Qtr. 2022

Health and Wellness Fitness Class Schedules

Hybrid Classes (In-Person AND Virtual via ZOOM): Class Capacity:25

Monday **Soulful Strut Line Dancing** **2:00pm** **MPDH**
Learn the latest and classic soulful line dances, while gaining great cardio benefits!

Tuesday **Creative Movement** **9:00am** **MPDH**
A 45-50-minute class that focuses on movement quality, self-expression, while strengthening motor skills. This class is ideal for individuals recovering from Covid or other physical challenges in preparation for more challenging exercises.

Tuesday **Chair Yoga** **10:00am** **MPDH**
A 45-50-minute class of gentle yoga practiced in a chair and standing using a chair. Ideal for those new to yoga. The class is designed to improve flexibility, release muscle tension, and reduce stress.

Wednesday **TheraBand** **9:00am** **MPDH**
A 45-50-minute class that includes a warm-up, resistance exercises that works the muscles of the body and supports ranges, ending with stretches to relax the muscles worked. A lightweight resistance band is needed to maximize the benefits.

Wednesday **Strength and Balance** **10:00am** **MPDH**
A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility!

Thursday **Flexibility** **9:00am** **MPDH**
A 45-50-minute class that consists of various stretching and strengthening exercises to improve flexibility, range of motion and stability with special attention to abdominal and lower back strength and posture.

Thursday **Cardio Fun!** **10:00am** **MPDH**
A complete muscle warm-up, followed by a short section of HIIT (high intensity interval training - geared for seniors), and round out the class with aerobics to exciting international beats, golden oldies, and current POP music favorites.

Friday **Cardio Tabata** **10:00am** **MPDH**
A 45-50-minute interval training workout set to music. An 8-minute warmup followed by 30 minutes of Tabata intervals (20 seconds of work and 10 seconds of rest). Workout concludes with 5 minutes of core work and a cool down and stretch. One, 2 or 3 lbs. hand weights can be used to increase the cardio intensity and muscle toning.

****Registration is required for all "in-person" classes.**

Registration dates- June 27th – July 1st, 2:00pm – 5pm. Come to the fitness room or call 404-612-2306 or 678-675-7541 to register.

(If you receive voicemail, please leave a detailed message- name, phone number, and class name. Someone will call you back within 24 hours to confirm your class registration)



Dorothy C. Benson Senior Multipurpose Center-Third Qtr. 2022

Health and Wellness Fitness Class Schedules

Land Fitness Workshops

Circuit Training is a total body workout that includes a warm-up and at least 20 minutes cardiovascular exercise (using treadmills, exercise bikes, ellipticals or water rower) and at least 20 minutes of strength, muscle endurance, power, core or balance training exercises (using universal weight machine, dumbbell, kettlebells, resistant bands and other equipment). The class meets twice a week. **Location: Fitness Room Class Capacity: 8**

Circuit Training Session I	Tues. & Thurs.	10:00am-10:45am	7/12 – 8/11
	Tues. & Thurs.	11:00am-11:45am	7/12 – 8/11

****Session I registration- June 27th – July 1st, 2:00pm – 5pm. Come to the fitness room or call 404-612-2306 or 678-675-7541 to register.**

(If you receive voicemail, please leave a detailed message- name, phone number, and class name. Someone will call you back within 24 hours to confirm your class registration)

Circuit Training Session II	Tues. & Thurs.	10:00am-10:45am	8/23 – 9/22
	Tues. & Thurs.	11:00am-11:45am	8/23 – 9/22

****Session II registration- August 15th – August 19th, 2:00pm – 5pm. Come to the fitness room or call 404-612-2306 or 678-675-7541 to register.**

(If you receive voicemail, please leave a detailed message- name, phone number, and class name. Someone will call you back within 24 hours to confirm your class registration)

Additional Fitness Activities

Tennis	Mon & Wed	9:00am – 10:30am	7/11 – 9/21
---------------	-----------	------------------	-------------

A racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). The Mt. Vernon Community Tennis Court is located in front of Benson, Bldg. B. **(Note: this is a Vernon Woods HOA Tennis Court). Capacity:12**

Walk-4- Life	Tuesday	8:30am – 9:30am	7/12 – 9/20
	Thursday	8:30am – 9:30am	7/14 – 9/22

This 60-minute walking activity is open to all fitness levels. The aerobic activity is intended to improve cardiovascular efficiency, strengthen the heart, control weight gain, reduce stress, and promote socialization. **(Location- Mount Vernon Neighborhood) Capacity: 10**

Bocce	Tues. & Fri.	9:00am – 11:00am	7/12 – 9/23
--------------	--------------	------------------	-------------

Ancient game, whose modern adaptation most closely resembles bowling. The game requires skill, strategy and just a little luck. Want to play but don't know how, then come and join us for a few hours of fun, exercise, and socialization. **Location: Bocce Court Capacity: 16**

****Registration is required for Land Fitness Activities.**

Registration dates- June 27th – July 1st, 2:00pm – 5pm. Come to the fitness room or call 404-612-2306 or 678-675-7541 to register.

(If you receive voicemail, please leave a detailed message- name, phone number, and class name. Someone will call you back within 24 hours to confirm your class registration)

