

COMMUNIQUE

New classes at the Club

Monday, Gentle Yoga Stretch,
8:30 AM

Monday & Friday, Vinyasa
Yoga, 3:30 PM

Wednesday, Yoga/Pilates -
Strong Core Healthy Back,
8:30 AM

Thursday, Tai Chi With Frank
(all-levels), 11:00 AM



- Sign in for lap swim
- Shower before swimming
- Keep doors closed for AC to work properly
- Wipe down equipment after using
- Do not borrow fitness center equipment.

See [What's Happening at the Bay Club](#) for fitness and other Club activities.

Exercise Helps Physical and Mental Health and Sleep

Physical Health

According to *Top Fitness* a purveyor of fitness equipment and classes and other sources in the health and fitness industry, exercise not only helps us to lose and maintain weight and build muscle, but it's also known that exercise has further benefits such as mental health, and by extension, our emotional health as well as sleep.

Mental Health

Because of the way exercise naturally relieves stress and anxiety, working out has been an effective way to help combat mild to moderate depression. It serves as a natural anti-depressant because of the way endorphins are released to reduce stress and anxiety and help you look past intrusive thoughts and an ever-constant stream of worries and woes. Exercise also promotes change and growth within the brain by means of neural growth, reducing inflammation, and forming new activity patterns. This is important for keeping your head clear when depression would typically weight it down and make it difficult to focus because of how over-burdened you might feel.

Exercise can also serve as a distraction. It gives you a reprieve from the hardships of depression and allows you to break out of negative cycles that depression can drag you into.

Sleep

Meg Furstoss, MS, CSCS, founder of Precision Sports Performance recommends doing cardio-based exercises, which have been shown to reduce the signs of insomnia in healthy people, according to the journal *Sleep*. But she also strongly recommends incorporating resistance exercise for sleep and fat-loss goals.

[Five exercises seniors should do](#)

Just Keep Moving!