

# November & December 2024 Wellness Center Classes

\*Classes are offered also via ZOOM. Contact the Wellness Center to be added to the email list for Zoom Classes.



Mon	Tues	Wed	Thu	Fri	Sat
8:30 am — *BodyBlast 9:45 am — *( <sup>T</sup> )SilverSneakers® Classic 9:45 am — SilverSneakers® Yoga 11:00 am — *SilverSneakers® Yoga 12:00 pm — Yoga Fusion 1:00 pm — ( <sup>T</sup> )Seated Strength and Stretch 1:15 pm — Body Tuning 4:15 pm — **Wellbeats 5:30 pm — Cycling Mix 5:30 pm — ( <sup>T</sup> )Cardio Drumming	8:30 am — Enhance®Fitness 9:45 am — *SilverSneakers® Yoga 11:00 am — SilverSneakers® Yoga 11:00 am — ( <sup>T</sup> )Parkinson's Class 1:00 pm — ( <sup>T</sup> )Balance and Strength Class 1:30 pm — GeriFit® 4:15 pm — **Wellbeats 5:00 pm — **Wellbeats 6:00 pm — Power-up Combo	8:30 am — *BodyBlast 9:45 am — *( <sup>T</sup> )SilverSneakers® Classic 11:00am — *SilverSneakers® Yoga 1:00 pm — ( <sup>T</sup> )Seated Strength and Stretch 1:15 pm — Body Tuning 2:30 pm — ( <sup>T</sup> )Cardio Drumming 2:30 pm — Yoga Fusion 4:15 pm — **Wellbeats 5:30 pm — Cycling Mix	8:30 am — Enhance®Fitness 9:45 am — *SilverSneakers® Yoga 11:00am — ( <sup>T</sup> )Parkinson's Class 1:00 pm — ( <sup>T</sup> )Balance and Strength Class 1:30 pm — GeriFit® 5:00 pm — Yoga Fusion 6:00 pm — ( <sup>T</sup> )Power-up Combo	8:30 am — *BodyBlast 9:45 am — *SilverSneakers® Yoga 11:00 am — Yoga Fusion 11:00 am — ( <sup>T</sup> )Cardio Drumming 1:00 pm — ( <sup>T</sup> )Standing Stronger	9:00 am — **Wellbeats 10:00 am — SilverSneakers® Enerchi (11/9, 11/23, 12/7, 12/21) Yoga Flow (11/2, 11/16, 11/30, 12/14, 12/28)

(<sup>T</sup>)Held in track

Wellness Center Group Exercise Classes are available to Wellness Center members. **Classes subject to change.** \*\*Wellbeats—See staff for class schedule

**BodyBlast** (45 min.)  
**Mondays, Wednesdays, & Fridays, 8:30am.**  
A full body HIIT workout that involves cardio and resistance training to sculpt the arms, legs, and core.

**SilverSneakers® Yoga** (45 min.)  
**Mondays, Tuesdays, & Wednesdays, 11:00am**  
**Mondays, Tuesdays, Thursdays & Fridays, 9:45am.**  
Seated and standing yoga poses to increase flexibility, balance and range of motion.

**Yoga Fusion** (45 min.– 1 hr.)  
**Mondays 12:00pm, Wednesdays 2:30pm, Thursdays 5:00pm & Fridays 11:00am.**  
Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

**SilverSneakers® EnerChi** (45 min.)  
Every other **Saturday, 10:00am.**Please see above for dates. Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

**Yoga Flow** (45 min.)  
Every other **Saturday, 10:00am.**Please see above for dates. Continuous flow of movement and breath with a focus on balance, stretching, strength, and developing inner peace. Chair option available

**Power-up Combo** (45 min.)  
**Tuesdays & (<sup>T</sup>)Thursdays, 6:00pm.**  
Different class formats from toning, cardio, weight training, circuit, or bootcamp style.

**Body Tuning** (45 min.)  
**Mondays & Wednesdays, 1:15pm.**  
Full body toning and core strengthening class with light cardio.

**Enhance®Fitness** (45 min.)  
**Tuesdays & Thursdays, 8:30am.**  
Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

**Geri-Fit®** (45 min.)  
**Tuesdays & Thursdays, 1:30pm.**  
A evidence based strength training exercise class for older adults. The program helps increase muscular strength, improves balance and coordination, boosts motor skills and reaction time, enhances flexibility and gait, lessens arthritic conditions and helps manage chronic disease. Most exercises are performed seated in chairs with dumbbells.

**Cycling Mix** (1 hr.)  
**Mondays & Wednesdays, 5:30pm.**  
Beginner level spin class. Great for cardio, toning and sculpting.

**Wellbeats™ 2 classes** (20-30 minutes long)

**HITT Cardio**— Series of repeated rounds of exercises. Intervals of moderate/high intensity bursts, followed by brief rest periods

**Strength**—Light to moderate upper and lower body and core muscle building exercises to improve strength, bone health and balance. Hand weights, bands, and/or weighted balls used during class.

**Tai Chi/Stretch/Balance**— Low intensity movements focusing on balance, coordination, mobility and flexibility.

**Pilates**— A low impact exercise method that balances strength with mobility, aligns the body, fine-tunes movement patterns, and strengthens the deeper muscles of the core. Combination of standing and mat exercises.

**Low Impact Cardio**— Low intensity full body cardio class for cardiovascular health and full body benefits.

(<sup>T</sup>)**SilverSneakers® Classic** (45 min.)  
**Mondays & Wednesdays, 9:45am.**  
Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

(<sup>T</sup>)**Parkinson's Exercise Class** (45 min.)  
**Tuesdays & Thursdays, 11:00am.**  
This class is specifically designed for individuals with Parkinson's Disease (PD). In this class we work on exercises to help prevent falls, improve balance, posture, strength, walking ability, cognitive, cardiovascular health, and more. Exercise can help slow down some of the progression of the changes that occur with PD and aging.

(<sup>T</sup>)**Cardio Drumming** (45 min.)  
**Mondays 5:30pm, Wednesdays 2:30pm & Fridays 11:00am.**  
Drum to the rhythm of music. Class can be done seated or standing.

(<sup>T</sup>)**Seated Strength and Stretch** (30 min.)  
**Mondays & Wednesdays, 1:00pm.**  
A seated class offering full body strength & core conditioning, posture & stretching. Wheelchairs are welcome.

(<sup>T</sup>)**Balance & Strength Class** (30 min.)  
**Tuesdays & Thursdays, 1:00pm.**  
Seated and standing chair-based class that helps improve balance, build upper and lower body strength, including core strength, and improve bone health. Hand weights and/or tubing are used during strengthening portion of class. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more (walkers and walking sticks available).

(<sup>T</sup>)**Standing Stronger** (30 min.)  
**Fridays 1:00pm.**  
A 30 minute class designed to encourage independence and to strengthen the body, so participants can proceed from a seated position into a standing position. Participants may or may not be capable of standing independently, but will strengthen the body to work towards this goal.

Contact us at 419-423-8496

## Wellness Center Memberships for 2024:

Membership open to all older adults age 50 and above  
(No registration fee required / Sales tax included)

### **Annual Membership:**

- **\$181.53** for a single per year or **\$302.53** for a household per year

### **6- Month Membership:**

- **\$119.90** for a single or **\$217.07** for a household

Daily Fitness Pass: **\$11.00 per day**

\*Reduced rates available through our financial assistance program.  
(Applications available at the Member Service Desk and website)

\*A 3% processing fee will be applied when paying with a credit/debit card.

## Track

**Track is closed on Tuesdays from 11—11:45am for Parkinson’s exercise class.**

Key cards can be signed out daily at the Wellness Welcome Desk (lower level) at no charge.

A personal key card or fob can be purchased for \$7.00 or \$9.00.

## **Wellness Center Hours**

**Monday-Thursday 7am-8pm**

**Friday 7am-5pm**

**Saturday 7am-12pm**

## VibePlate™

Increase Flexibility, Stability and Mobility with our vibration plate. VibePlate™ training works up to 90% of your muscle fibers to help strengthen muscles and develop more muscle tissue. This leads to increased muscle density and increased strength. Consult your physician regarding health concerns prior to using VibePlate™.

## HydroMassage® *Appointments required*

Therapeutic technique involving the use of water and pressurized jets to help massage muscles and soft tissue in the body. Wellness center membership must be current to utilize the Hydromassage.

**\*Nonrefundable  
(Sales tax included)**

<b>6 months....\$44.41</b>
<b>1 year....\$66.61</b>
<b>Per visit....\$6.00</b>

Wellbeats™ Caters to every member’s needs and interest with on-demand, virtual workouts for every age, gender, interest, or ability level with the feeling of a live experience.

Wellbeats™ 1—located in Multi-Purpose Studio/ (**New**) Wellbeats™ 2—located in Group Exercise Studio

*Obtain room availability schedule at Wellness Center.*

## Healthy Living Nutrition Coaching & Personal Training

(Sales tax **not** included)

### **Healthy Living Nutrition Coaching Packages:**

- One (1) half-hour session . . . . . \$15
- Four (4) half-hour sessions . . . . . \$52
- Eight (8) half-hour sessions . . . . . \$96

### **Personal Training Packages:** (inc. TRX Training sessions)

- One (1) one-hour sessions . . . . . \$ 30
- Four (4) one-hour sessions . . . . . \$ 110
- Eight (8) one-hour sessions. . . . . \$ 212
- Group Training (limit 3 people per session)  
One-hour session . . . . . \$15 per person

### **Combo Special:**

#### **Combine Personal Training & Healthy Living Nutrition Coaching (HLNC Program)**

- 30 / 30 / 30 Program. . . . . \$ 30  
30-minute personal training PLUS 30 minutes nutrition coaching
- One Session Program . . . . . \$ 40  
1 one-hour personal training session AND half-hour nutrition coaching
- Four Session Program . . . . . \$ 146  
4 one-hour personal training sessions AND half-hour nutrition coaching
- Eight Session Program. . . . . \$ 276  
8 one-hour personal training sessions AND half-hour nutrition coaching

\*Schedule your **FREE** consultation for any personal training package through the Wellness Center.  
Must be a wellness center member.



Use the QR Code to visit the 50 North website!

