

August 2021

Wellness Center Classes

Mon	Tues	Wed	Thu	Fri	Sat
8:30 am — *BodyBlast	8:30 am — EnhanceFitness®	8:30 am — *BodyBlast	8:30 am — EnhanceFitness®	8:30 am — *BodyBlast	
10:00 am — *SilverSneakers® Classic	10:00 am — *SilverSneakers® Yoga	10:00 am — *SilverSneakers® Classic	10:00 am — *SilverSneakers® Yoga	10:00 am — *SilverSneakers® Yoga	
11:30 am — *SilverSneakers® Yoga	11:30 am — *Delay the Disease, Parkinson's Class	11:30 am — *SilverSneakers® Yoga	11:30 am — Delay the Disease, Parkinson's Class	11:30 am — Yoga Fusion	
1:30 pm — Body Tuning	1:30 pm — *Geri Strong	1:30 pm — Body Tuning	1:30 pm — *Geri Strong		
2:30 pm — SilverSneakers® Yoga	6:30 pm — Boot Camp	2:30 pm — Yoga Fusion	2:30 pm — SilverSneakers® Yoga		
5:30 pm — Cycling Mix		5:30 pm — Cycling Mix	6:30 pm — Boot Camp		



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

BodyBlast (45 min.)
Mondays, Wednesdays, Fridays 8:30 AM
 30 minutes of full body HIIT workout that involves cardio to increase the heart rate and resistance training to sculpt the arms, legs, and core. Class finishes with 15 minutes of core strengthening and stretching.

SilverSneakers® Classic (45 min.)
Mondays and Wednesdays, 10:00 AM Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

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

Yoga Fusion (45 min.)
Wednesdays 2:30pm
Fridays 11:30 AM
 Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

SilverSneakers® Yoga (45 min.)
Mondays, Wednesdays, 11:30 AM
Mondays, Thursdays 2:30 PM
Tuesdays, Thursdays, Fridays 10:00 AM
 SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Delay the Disease™ Parkinson's Class (45 min.)
Tuesdays, Thursdays 11:30 AM
 Delay the Disease classes are designed specifically for those with Parkinson's Disease. The exercise classes are designed to empower people with Parkinson's Disease by optimizing physical function and helping to delay the progression of PD symptoms.

Geri Strong (45 min.)
Tuesdays, Thursdays 1:30 PM
 A strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of dumbbell weights. As you become stronger you can advance to using heavier dumbbells in an effort to challenge yourself even more.

Body Tuning (45 min.)
Mondays, Wednesdays 1:30 PM
 Full body toning and core strengthening class with light cardio.

Bootcamp (45 min.)
Tuesdays, Thursdays 6:30 PM
 Interval training with a mixture of cardio, over-all body sculpting and toning.

EnhanceFitness® (45 min.)
Tuesdays, Thursdays 8:30 AM
 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.

Wellness Center Hours
Monday-Thursday 7am-8pm
Friday 7am-5pm
Saturday 7am-11am

Wellness Center Group Exercise Classes are available to Wellness Center members.
**classes subject to change*

Wellness Center Annual Membership fees for 2021:

Membership open to all older adults age 50 and above

- **\$145** for a Single per year or **\$245** for two in a household per year.

*(No registration fee required / Sales tax not included)

6-Month membership are also available:

- **\$95** for a single or **\$175** for two in a household

*(No registration fee required / Sales tax not included)

Daily Fitness Pass: \$10 per day

*Reduced rates available through our financial assistance program.

(applications available at the Member Service Desk and Website)

Wellness Center Hours

Monday-Thursday 7am-8pm

Friday 7am-5pm

Saturday 7am-11am

HydroMassage *Appointments and Walk-ins welcome*

During a **HydroMassage**, pressurized jets of **heated** water move against your body. Members lie fully clothed on a bed with a waterproof barrier and simply enjoy the pulses of the massage. The pressure of the heated water against the body provides the massage. You can customize the jets to place the water pressure right where you desire. It is intended to relieve some forms of muscle and joint pain, increase blood circulation, range of motion and more. *Wellness center membership Must be current to utilize the Hydromassage membership. *non refundable

Introductory	6 Months.....\$30
Pricing	1 Year.....\$50
	Per visit.....\$5

Healthy Living Nutrition Coaching & Personal Training with Anne Hayes!

Call to schedule your appointment today

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