



50 North Fitness & Wellness Center

Main Entrance Hours:

Monday—Thursday: 8am-8pm

Friday: 8am-4pm

Saturday: 8am-12pm

Fitness Center Hours Available using Key Card/SE Entrance:

Monday—Thursday: 5am-8pm **Friday:** 5am-7pm

Saturday: 7am-3pm

Sunday: 11am-3pm

(Key Card/Fobs are available for purchase - \$5/\$7)

2020 Fitness & Wellness Membership

\$115 Single

\$185 Couple

*Sales tax NOT included in price

*Reduced rates available through our financial assistance program. Applications are available at our member service desk and our website.

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

339 East Melrose Ave.
Findlay, Ohio 45840
419-423-8496

Must be a Fitness Center Member or pay daily fee (\$5) to attend Exercise Classes or Fitness Center

***Reminder, please scan in & tap on 'Exercise Class' &/or 'Fitness Center'**

Class Schedule
Classes subject to change

	Mon	Tues	Wed	Thurs	Fri	Sat
EnhanceFitness®		8:30a		8:30a		
Cardio Energizer	8:30a				8:30a	
Basic Step Mix			8:30a			
SilverSneakers® Classic	9:30a		9:30a		9:30a	
NEW! SilverSneakers® Enerchi		9:30a		10:30a		
SilverSneakers® YOGA	10:30a	10:30a	10:30a	9:30a	10:30a	
Walking @ U of F Koehler Center <small>*Check with staff on dates track isn't available</small>		10:00a		10:00a		
Delay the Disease™ Parkinson's Class	11:30a		11:30a			
Geri-Fit® <small>*preregistration required</small>		11:30a		11:30a		
		12:30p		12:30p		
SilverSneakers® Circuit/CardioFit	1:30p		1:30p			
Circuit Boost		5:30p		5:30p		9:30a
Basic Cycling Mix	5:30p		5:30p			
Stretch Fusion	6:30p		6:30p		11:30a	
Bootcamp 45				6:30p		
SilverSneakers® Splash @Birchaven	8:30a	11:30a	8:30a	11:30a		
Water Exercise Class @Birchaven	10:00a		10:00a		10:00a	
Gentle Aquatics Class @Birchaven		10:00a		10:00a		

Revised 12/17/2019

Class Descriptions on Back

50 North Fitness and Wellness Center Class Description

Classes subject to change

Contact your Physician before starting any new exercise program.

SilverSneakers® Classic

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.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® CardioFit

An advanced group exercise class designed for those who desire a safe and effective low impact cardiovascular workout. Easy to follow movements promote heart-healthy, total body conditioning to increase cardiovascular and muscular endurance.

SilverSneakers® Yoga

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.

SilverSneakers® Enerchi

SilverSneakers® Enerchi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

Circuit Boost

Kick your fat burning furnace into gear... this class is set up in station format incorporating a mixture of cardiovascular & muscle toning exercises.

Cardio Energizer

Forty-five (45) minute class consisting of warm-up, cardio, toning, strength exercises and stretching. Portion of class performed on floor with mat (optional).

Basic Step Mix

Mixes a basic step/floor aerobics for a great cardio and toning workout.

EnhanceFitness®

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®

Geri-Fit® is a 45-minute evidence based strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more. *Please see fitness staff for more details.*

Delay the Disease™ Parkinson's Class

Delay the Disease classes are specifically for people 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. Free to fitness center members and only \$20 for non-fitness center members for an eight week session.

Stretch Fusion

Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core & muscle strengthening exercises.

Bootcamp 45

Forty-five (45) minutes of interval training with a mixture of cardio & all over body sculpting & toning.

Basic Cycling Mix

Beginner level spin class. Great for cardio, toning, and sculpting.

Water Classes (at Birchaven)

Please bring a water bottle, towel and if you are Type 1 or Type 2 Diabetic, swim shoes are required. There are two locker rooms with lockers available for changing at Birchaven. Ability to swim is not necessary for pool classes.

SilverSneakers® Splash (at Birchaven)

Activate your urge for variety! Improve agility, flexibility, and cardio endurance. No swimming ability required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. (40 min class & 20 min open swim)

Water Exercise Class (at Birchaven)

Water class focusing on cardiovascular conditioning, core strength, muscle conditioning and flexibility (water barbells used). Ability to swim is not necessary. (40 min class & 20 min open swim)

Gentle Aquatics Class (at Birchaven)

Slow and Gentle exercises that help increase the range of motion in your joints and strengthen muscles weakened by arthritis or other physical limitations. (30min class & 30 min open swim)

**Athletic shoes required.*

Bare feet permissible in yoga & stretch class (with use of mat). If Diabetic, check with physician