

# January 2022

# 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	
9:45 am — *SilverSneakers® Classic	9:45 am — *SilverSneakers® Yoga	9:45 am — *SilverSneakers® Classic	9:45 am — *SilverSneakers® Yoga	9:45 am — *SilverSneakers® Yoga	
11:00 am — *SilverSneakers® Yoga	11:00 am — SilverSneakers® Yoga	11:00 am — *SilverSneakers® Yoga	11:00 am — Parkinson's Class	11:00 am — Yoga Fusion	
12:00 pm — Yoga Fusion	11:00 am — Parkinson's Class	1:15 pm — Body Tuning	11:30 am — Tai Chi (Jan 13—Mar. 3)	11:00 am — Cardio Drumming	
1:15 pm — Body Tuning	1:30 pm — GeriFit®	2:30 pm — Cardio Drumming	1:30 pm — GeriFit®		
2:30 pm — SilverSneakers® Yoga	5:30 pm — Power-up Combo	2:30 pm — Yoga Fusion	2:30 pm — SilverSneakers® Yoga		
5:30 pm — Cycling Mix		5:30 pm — Cycling Mix	5:30 pm — Power-up Combo		



*\*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, 8:30am.**  
 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 & Wednesdays, 9:45am.**  
 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.)  
**Mondays 12:00pm, Wednesdays 2:30pm & 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.

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

**SilverSneakers® Yoga** (45 min.)  
**Mondays, Tuesdays, & Wednesdays, 11:00am**  
**Mondays & Thursdays, 2:30pm**  
**Tuesdays, Thursdays & Fridays, 9:45am.**  
 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.

**Geri-Fit®** (45 min.)  
**Tuesdays & Thursdays, 1:30pm.**  
 Geri-Fit® is a 45-minute 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 of the bodybuilding exercises are performed seated in chairs with light dumbbell weights.

**Tai Chi** (45 min.) (Jan. 13th—Mar. 3rd)  
**Thursdays, 11:30am.**  
 Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements—connecting the mind and body.

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

**Power-up Combo** (45 min.)  
**Tuesdays & Thursdays, 5:30pm.**  
 45 minutes of different class formats from toning, cardio, weight training, circuit, or bootcamp style.

**EnhanceFitness®** (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.

**Cardio Drumming** (45 min.) *held in track*  
**Wednesdays 2:30pm & Fridays 11:00am.**  
 Bringing together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Class can be done all in a chair or standing. It uses the exercise ball to turn rhythm into a workout!

**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

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

## **Wellness Center Memberships for 2022:**

Membership open to all older adults age 50 and above  
(No registration fee required / Sales tax not included)

### **Annual Membership:**

- **\$150** for a Single per year or **\$250** for two in a household per year

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

- **\$99** for a single or **\$179** for two in a household

Daily Fitness Pass: \$10 per day

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

## **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 water-proof 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

<b>Introductory</b>	6 Months.....	\$30
<b>Pricing</b>	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

**Wellness Center Hours**  
**Monday-Thursday 7am-8pm**  
**Friday 7am-5pm**  
**Saturday 7am-11am**  
Contact us at 419-423-8496

