

November & December 2023 Wellness Center Classes



Mon	Tues	Wed	Thu	Fri	Sat
8:30 am — *BodyBlast	8:30 am — Enhance®Fitness	8:30 am — *BodyBlast	8:30 am — Enhance®Fitness	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	11:00am — *SilverSneakers® Yoga	11:00am — ^(T) Parkinson's Class	11:00 am — Yoga Fusion	
12:00 pm — Yoga Fusion	11:00 am — ^(T) Parkinson's Class	1:00 pm — ^(T) Seated Strength and Stretch	1:00 pm — ^(T) Seated Resistance Training	11:00 am — ^(T) Cardio Drumming	
1:00 pm — ^(T) Seated Strength and Stretch	1:00 pm — ^(T) Seated Resistance Training	1:15 pm — Body Tuning	1:30 pm — GeriFit®	1:00 pm — ^(T) Standing Stronger	
1:15 pm — Body Tuning	1:30 pm — GeriFit®	2:30 pm — ^(T) Cardio Drumming	5:30 pm — Yoga Fusion		
2:30 pm — SilverSneakers® Yoga	6:00 pm — Power-up Combo	2:30 pm — Yoga Fusion	6:00 pm — ^(T) Power-up Combo		
5:30 pm — Cycling Mix		5:30 pm — Cycling Mix			
5:30 pm — ^(T) Cardio Drumming					

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

^(T)Held in track

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.

SilverSneakers® Yoga (45 min.)

Mondays, Tuesdays, & Wednesdays, 11:00am

Mondays, 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.

Power-up Combo (45 min.)

Tuesdays & ^(T)Thursdays, 6:00pm.

45 minutes of different class formats from toning, cardio, weight training, circuit, or bootcamp style.

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.

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.

Body Tuning (45 min.)

Mondays & Wednesdays, 1:15pm.

Full body toning and core strengthening class with light cardio.

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, Thursdays 5:30pm & 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.

^(T)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.

^(T)Cardio Drumming (45 min.)

Mondays 5:30pm, 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!

^(T)Seated Strength and Stretch (30 min.)

Mondays & Wednesdays, 1:00pm.

A seated class offering full body strength & core conditioning, posture & stretching. Wheelchairs are welcome.

NEW ^(T)Seated Resistance Training (20 min.)

Tuesdays & Thursdays, 1:00pm.

Great way to make weight training fun! Experience the benefits of bone health and gain lean muscle mass with this 20 minute seated resistance training exercise class using hand weights, tubing and small balls. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more. (Walkers and walking sticks available.)

NEW ^(T)Standing Stronger (30 min.)

Fridays 1:00pm.

Are you struggling with standing up from a seated position? 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 2023:

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

Annual Membership:

- \$174.54 for a single per year or \$290.89 for two in a household per year

6-Month Membership:

- \$115.29 for a single or \$208.70 for two in 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)

Wellbeats™ is a virtual presentation of group exercise classes with the feeling of a live experience! The experience starts at a touch screen kiosk. Participants choose from classes such as yoga, Pilates, Tai Chi, strength conditioning, Bootcamp, cycling, Zumba®, dance and more. Virtual classes are projected large on a wall in our private exercise studio.

Wellness Center Hours

Monday-Thursday 7am-8pm

Friday 7am-5pm

Saturday 7am-12pm

HydroMassage *Appointments required*

During a **HydroMassage**, pressurized jets of **heated** water move against your body. Members lie fully clothed on a bed or lounger with a waterproof barrier and simply enjoy the pulses of the massage. The pressure of the heated water against the body provides the massage. The jets can be customized and adjusted to place the water pressure where you desire. It is intended to relieve some forms of muscle and joint pain, assist with muscle recovery, increase blood circulation, and more. Wellness center membership must be current to utilize the Hydromassage. ***Nonrefundable**

(Sales tax not included)

6 months...	\$40
1 year.....	\$60
Per visit....	\$6



Use the QR Code to visit the 50 North website!

Healthy Living Nutrition Coaching & Personal Training with Anne Hayes!

Appointments now available with Sue Pasche, Personal Trainer.

*Call to schedule your appointment today **(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.