

# May 2021

# Wellness Center Classes

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

*\*Most 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.

## 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.

## SilverSneakers® Yoga (45 min.)

**Mondays, Wednesdays, 11:30 AM**

**Mondays 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.

## Cycling Mix (1 hr.)

**Mondays, Wednesdays 5:30pm**

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

## 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.

## Body Tuning (45 min.)

**Mondays, Wednesdays 1:30 PM**

Full body toning and core strengthening class with light cardio.

## Bootcamp (45 min.)

**Tuesdays, Thursdays 6:00 PM**

Interval training with a mixture of cardio, over-all body sculpting and toning.

## 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.

## EnhanceFitness® (45 min.)

**Tuesday 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-7pm**

**Friday 7am-4pm**

*\*Classes subject to change*

Wellness Center Group Exercise Classes are available to Wellness Center members. Register by calling the Wellness Center, direct line 567-429-8382 or 50 North at 419-423-8496 ext. 113 or e-mail [alee@50north.org](mailto:alee@50north.org)



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