

January & February 2024 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	10:00 am — New
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	SilverSneakers® Enerchi (1/6, 1/20, 2/3, 2/17)
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	Yoga Flow (1/13, 1/27, 2/10, 2/24)
12:00 pm — SilverSneakers® Yoga	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 — Yoga Fusion	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.

A full body HIIT workout that involves cardio and resistance training to sculpt the arms, legs, and core.

SilverSneakers® Classic (45 min.)

Mondays & Wednesdays, 9:45am.

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga (45 min.)

Mondays, Tuesdays, & Wednesdays, 11:00am

New Time Mondays, 12:00pm,

Tuesdays, Thursdays & Fridays, 9:45am.

Seated and standing yoga poses to increase flexibility, balance and range of motion.

Yoga Fusion (45 min.)

New Time Mondays & 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.

New SilverSneakers® EnerChi (45 min.)

Every other **Saturday, 10:00am.** Please see above for dates.

Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

New Yoga Flow (45 min.)

Every other **Saturday, 10:00am.** Please see above for dates.

Continuous flow of movement and breath with a focus on balance, stretching, strength, and developing inner peace. Chair option available

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.

Ger-Fit® (45 min.)

Tuesdays & Thursdays, 1:30pm.

Ger-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.

Power-up Combo (45 min.)

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

Different class formats from toning, cardio, weight training, circuit, or bootcamp style.

^(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.

Drum to the rhythm of music. Class can be done seated or standing.

^(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.

^(T)Seated Resistance Training (30 min.)

Tuesdays & Thursdays, 1:00pm.

Experience the benefits of bone health and gain lean muscle mass 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.)

^(T)Standing Stronger (30 min.)

Fridays 1:00pm.

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.

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