

Participation in classes are limited to Wellness Center Members. Classes subject to change.

- ★ **Gentle / Beginner** - Chair-based or seated; slow pace, low impact
- ★★ **Moderate** - Chair + standing options; light strength, balance and movement
- ★★★ **Active** - Mostly standing; moderate pace with balance and strength
- ★★★★ **Vigorous** - Faster pace; higher energy; possible floor work

(T)Held in track *Offered on Zoom

	M	T	W	TH	F	S
BodyBlast ★★	*8:30am		*8:30am		*8:30am	
Enhance Total Fitness ★★		*8:30am		*8:30am		
SilverSneakers® Classic ★★	*9:45am		*9:45am			
SilverSneakers® Yoga ★★	9:45am *11:00am	*9:45am *11:00am	*11:00am	*9:45am	*9:45am	
Yoga Fusion ★★	12:00pm		2:30pm	5:00pm	11:00am	
Steady & Strong: Empowering Parkinson's ★★		Class A 10:30am Class B 11:15am		Class A 10:30am Class B 11:15am		
Seated Strength & Stretch ★★	*1:00pm		*1:00pm			
Balance & Strength Class ★★		*1:00pm		*1:00pm		
Standing Stronger ★★					*1:00pm	
Tone & Sculpt ★★	1:15pm		1:15pm			
Geri-Fit® ★★		1:30pm		1:30pm		
Cardio Drumming ★★	5:30pm		2:30pm		11:00am	
Cycling/Flex/Core ★★	5:30pm		5:30pm			
Power-up Combo ★★		5:45pm		*5:45pm		
SilverSneakers® Enerchi ★★				Alternating Saturdays		10:00am
Yoga Flow ★★						10:00am

(T)BodyBlast (45 min) ★★

A full body HIIT workout that involves cardio and resistance training.

Enhance Total Fitness (45 min) ★★

A full aerobic workout with cardio, strength, balance, and flexibility exercises. Arm and ankle weights are available for strength training.

(T)SilverSneakers® Classic (45 min) ★★

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

SilverSneakers® Yoga (45 min) ★★

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

Yoga Fusion (45 min – 1 hr) ★★

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

(T)Seated Strength and Stretch (30 min) ★★

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

(T)Balance & Strength Class (30 min) ★★

A seated and standing chair-based class focused on improving balance, strength, and bone health using hand weights and tubing.

(T)Standing Stronger (30 min) ★★

A class focused on building strength for greater independence, helping participants move from seated to standing positions. Suitable for those working toward standing independently.

Tone & Sculpt (45 min) ★★

Full body toning and core strengthening class with light cardio.

Geri-Fit® (45 min) ★★

An evidence-based strength training class for older adults focused on increasing strength, balance, coordination, flexibility, and motor skills. Exercises, mostly done seated with dumbbells, can help reduce arthritis symptoms and support chronic disease management.

(T)Cardio Drumming (45 min) ★★

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

Cycling/Flex/Core (1 hr) ★★

Cycling integrated with elements of yoga, resistance training or Pilates.

Power-up Combo (45 min) ★★

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

SilverSneakers® EnerChi (45 min) ★★

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

Yoga Flow (45 min) ★★

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



***Stay Active from Home!** Join our group exercise classes on **ZOOM** at no extra charge! Contact Wellness staff for more details.

Steady & Strong: Empowering Parkinson's

Class A - Steady Boost (1 hr)

Designed for individuals with **limited or unsteady mobility**, this class offers **engaging movements** that combine **cardio, brain health, and strength**. Seated option available.

Class B - Strong & Dynamic (1 hr)

Take your fitness to the next level with **moderate to higher-intensity exercises** focused on **cardio, brain health, and strength**. Includes **dynamic standing and functional movements**. Participants should be able to get up off the floor with minimal help.

Wellness Center Memberships for 2026: (Sales tax included)

*Nonrefundable

Participation in the listed activities is limited to Wellness Center members.

Annual Membership: **6- Month Membership:**
\$193 - Single **\$127 - Single**
\$321 - Household (two) **\$230 - Household (two)**

Daily Fitness Pass: \$11 per day

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

***A 3% processing fee will be applied when paying with a credit card. Debit cards not accepted. Checks payable to 50 North.*

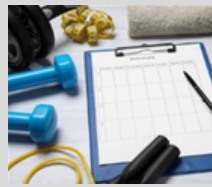




Contact Wellness Staff to find out if you qualify for these membership benefits.

Personalized Guidance

Our experienced staff helps you reach your fitness and wellness goals with complimentary, personalized exercise plans for all levels. Reimagine your wellness journey with a plan tailored to your unique needs.



Track 19 lap/mile

Track is CLOSED on TUESDAYS and THURSDAYS from 11:00-12:15p for Parkinson's exercise class.



Key cards can be signed out daily at the Wellness Welcome Desk at no charge. A personal key card or fob can be purchased for \$8 or \$10.

VIBEPLATE™

Enhance your flexibility, stability, and mobility with VibePlate™ training, designed to increase muscle density and strength. Be sure to consult your physician regarding any health concerns before use.




Get well. Get moving again.

OIO Staff is available for physical therapy appointments on Tuesdays and Thursdays at 50 North. Most cases do not require a referral. Wellness Center memberships required. To schedule an appointment, call 419-424-0131.

Healthy Living Nutrition Coaching & Personal Training

See Wellness Staff for an interest form to schedule your free consultation appointment with one of our Personal Trainers. Different packages available. See Wellness Staff for pricing options.

**Waitlist may apply.*



SMARTfit® Your Brain Matters

Please see Wellness staff for pricing options.

The SMARTfit® “Your Brain Matters” program is specially designed for older adults to boost brain health, physical fitness and confidence. Enjoy personalized one-on-one sessions with trained staff, that safely challenges both mind and body.

- Memory & Focus
- Balance & Coordination
- Reaction Time
- Cognitive Processing
- Dual-task Performance



HYDROMASSAGE

**Additional membership fee*

Experience a therapeutic massage using water and pressurized jets to relax muscles and soft tissue. Wellness Center membership must be current to utilize the Hydromassage. Appointments required. Please see Wellness staff for pricing options.



YouTube Virtual Fitness Classes

The Multi-Purpose Studio offers Virtual Fitness Classes on YouTube, providing a wide variety of options to help stay healthy and engaged.

**Contact Wellness Center staff for room availability. Choose your workout. Choose your time. Choose your pace.*



Wellness Center Hours

Monday - Thursday, 7:00 am - 7:00 pm
 Friday, 7:00 am - 5:00 pm
 Saturday, 7:00 am - 3:00 pm

Contact us at 567-429-8382



Use the QR Code to visit the 50 North website!