

March & April 2024 Wellness Center Classes

Mon	Tues	Wed	Thu	Fri	Sat
8:30 am — *BodyBlast 9:45 am — *SilverSneakers® Classic 11:00 am — *SilverSneakers® Yoga 12:00 pm — SilverSneakers® Yoga 1:00 pm — ^(T) Seated Strength and Stretch 1:15 pm — Body Tuning 2:30 pm — Yoga Fusion 5:30 pm — Cycling Mix 5:30 pm — ^(T) Cardio Drumming	8:30 am — Enhance®Fitness 9:45 am — *SilverSneakers® Yoga 11:00 am — SilverSneakers® Yoga 11:00 am — ^(T) Parkinson's Class 1:00 pm — ^(T) Seated Resistance Training 1:30 pm — GeriFit® 6:00 pm — Power-up Combo	8:30 am — *BodyBlast 9:45 am — *SilverSneakers® Classic 11:00am — *SilverSneakers® Yoga 1:00 pm — ^(T) Seated Strength and Stretch 1:15 pm — Body Tuning 2:30 pm — ^(T) Cardio Drumming 2:30 pm — Yoga Fusion 5:30 pm — Cycling Mix	8:30 am — Enhance®Fitness 9:45 am — *SilverSneakers® Yoga 11:00am — ^(T) Parkinson's Class 1:00 pm — ^(T) Seated Resistance Training 1:30 pm — GeriFit® 5:30 pm — Yoga Fusion 6:00 pm — ^(T) Power-up Combo	8:30 am — *BodyBlast 9:45 am — *SilverSneakers® Yoga 11:00 am — Yoga Fusion 11:00 am — ^(T) Cardio Drumming 1:00 pm — ^(T) Standing Stronger	10:00 am — SilverSneakers® Enerchi (3/2, 3/16, 3/30, 4/13, 4/27) Yoga Flow (3/9, 3/23, 4/6, 4/20)

**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

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.)

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.

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.

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.

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.

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.*

Contact us at 419-423-8496

Wellness Center Memberships for 2024:

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

Annual Membership:

- **\$181.53** for a single per year or **\$302.53** for a household per year

6- Month Membership:

- **\$119.90** for a single or **\$217.07** for 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)

*A 3% processing fee will be applied when paying with a credit/debit card.

Track

Key cards can be signed out daily at the Wellness Welcome Desk (lower level)
at no charge.

A personal key card or fob can be purchased for \$7.00 or \$9.00.

Wellness Center Hours

Monday-Thursday 7am-8pm

Friday 7am-5pm

Saturday 7am-12pm

VibePlate™

Increase Flexibility, Stability and Mobility with our vibration plate. VibePlate™ training works up to 90% of your muscle fibers to help strengthen muscles and develop more muscle tissue. This leads to increased muscle density and increased strength. Consult your physician regarding health concerns prior to using VibePlate™.

HydroMassage® *Appointments required*

Therapeutic technique involving the use of water and pressurized jets to help massage muscles and soft tissue in the body. Wellness center membership must be current to utilize the Hydromassage.

***Nonrefundable
(Sales tax included)**

6 months....\$44.41
1 year....\$66.61
Per visit....\$6.00

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.

Healthy Living Nutrition Coaching & Personal Training

(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.



Use the QR Code to visit
the 50 North website!