

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Gentle Yoga</b> <i>With Jill</i></p> <p><b>7:30-8:30 am</b> <i>Wellness Room</i></p>		<p><b>Gentle Yoga</b> <i>With Kaelee</i></p> <p><b>7:30-8:30 am</b> <i>Wellness Room</i></p>		
<p><b>Mash-up Monday</b> <i>With Laurie</i></p> <p><b>9:00-10:00 am</b> <i>Multi-Purpose</i></p>	<p><b>Functional Motion</b> <i>With Cindy</i></p> <p><b>9:00-10:00 am</b> <i>Multi-Purpose</i></p> <p>-----</p> <p><b>Tai Chi for Life</b> <i>With Betsy</i></p> <p><b>9:00-10:00 am</b> <i>Wellness Room</i></p>	<p><b>Kickboxing</b> <i>With Laurie</i></p> <p><b>9:00-10:00 am</b> <i>Multi-Purpose</i></p>	<p><b>Balanced &amp; Strong</b> <i>With Cindy</i></p> <p><b>9:00-10:00 am</b> <i>Multi-Purpose</i></p> <p>-----</p> <p><b>Restorative Yoga</b> <i>With Brenna</i></p> <p><b>9:00-10:00 am</b> <i>Wellness Room</i></p>	<p><b>Get Fit Fridays</b> <i>With Cindy/Laurie</i></p> <p><b>9:00-10:00 am</b> <i>Multi-Purpose</i></p>
<p><b>Boomer Nation</b> <i>With Laurie</i></p> <p><b>10:15-11:15 am</b> <i>Multi-Purpose</i></p> <p>-----</p> <p><b>Mobility Fusion</b> <i>With Debi</i></p> <p><b>10:15-11:15 am</b> <i>Wellness Room</i></p>	<p><b>SilverSneakers Classic</b> <i>With Laurie</i></p> <p><b>10:30-11:30 am</b> <i>Multi-Purpose</i></p>	<p><b>Boomer Nation</b> <i>With Laurie</i></p> <p><b>10:15-11:15 am</b> <i>Multi-Purpose</i></p>	<p><b>SilverSneakers Classic</b> <i>With Laurie</i></p> <p><b>10:30-11:30 am</b> <i>Multi-Purpose</i></p>	<p><b>Boomer Nation</b> <i>With Laurie/Cindy</i></p> <p><b>10:15-11:15 am</b> <i>Multi-Purpose</i></p>
<p><b>Heavy Lifting for Active Agers</b> <i>With Debi</i></p> <p><b>11:30 am-12:30 pm</b> <i>Multi-Purpose</i></p>		<p><b>Senior Fit 101</b> <i>With Laurie</i></p> <p><b>11:30 am-12:15 pm</b> <i>Multi-Purpose</i></p>	<p><b>Tai Chi Community</b> <i>Student Led</i></p> <p><b>12:00-1:00 pm</b> <i>Wellness Room</i></p>	<p><b>Heavy Lifting for Active Agers</b> <i>With Debi</i></p> <p><b>11:30 am-12:30 pm</b> <i>Multi-Purpose</i></p>
<p><b>Yin Yoga</b> <i>With Brenna</i></p> <p><b>4:00-5:00 pm</b> <i>Wellness Room</i></p>	<p><b>Kids Yoga</b> <i>With Meryl</i></p> <p><b>3:30-4:30 pm</b> <i>Wellness Room</i></p>	<p><b>Barrelates</b> <i>With Courtney</i></p> <p><b>4:00-5:00 pm</b> <i>Wellness Room</i></p>		
<p><b>Cardio Pump</b> <i>With Cassie</i></p> <p><b>5:15-6:15 pm</b> <i>Multi-Purpose</i></p>	<p><b>Mat Pilates</b> <i>With Cassie</i></p> <p><b>5:15-6:15 pm</b> <i>Wellness Room</i></p> <p>-----</p> <p><b>Line Dancing</b> <i>With Jennifer</i></p> <p><b>5:15-6:15 pm</b> <i>Multi-Purpose</i></p>	<p><b>Cardio Pump</b> <i>With Cassie</i></p> <p><b>5:15-6:15 pm</b> <i>Multi-Purpose</i></p>	<p><b>Barre Pilates</b> <i>With Courtney</i></p> <p><b>5:15-6:15 pm</b> <i>Wellness Room</i></p>	<p><b>Mat Pilates</b> <i>With Courtney</i></p> <p><b>5:15-6:15 pm</b> <i>Wellness Room</i></p>

\*Everything in this schedule is included in land or combo packages. Refer to our Wellness Pricing sheet for current join fees and package rates.

## Group Wellness Class Descriptions

### Cardio

**Balanced & Strong:** A cardio-focused class featuring side-to-side motions, single-leg work, and centering exercises designed to challenge and improve balance. Using steppers and BOSU balls, participants build strength while enhancing stability and coordination. Everyone is welcome, but those with hip, knee, or significant balance or mobility issues may find it more challenging.

**Boomer Nation:** A lower-intensity aerobics class focused on functional fitness, balance, and core strength. Using mats, steppers, light weights, and resistance bands, participants build mobility, stability, and overall strength. Everyone is welcome, with modifications available for all levels.

**Cardio Pump:** A medium to high-intensity cardio class using mats, steppers, weights, and fitness balls. Participants tone their muscles, build endurance, and burn calories through fast-paced, full-body movement. Everyone is welcome, though it may be challenging for those with balance or mobility limitations.

**Get Fit Fridays:** A one-hour class combining step aerobics and muscle conditioning for an energizing end to your week. Participants build strength, stamina, and coordination through upbeat, full-body movement. Everyone is welcome. This class has rotating instructors.

**Kickboxing:** A high-energy class combining punches, kicks, and muscle conditioning using steppers, and light weights. Participants improve coordination, balance, and mobility through dynamic, full-body movement. Everyone is welcome, though it may be challenging for those with balance or mobility issues.

**Line Dancing:** Come enjoy a fun workout that doesn't feel like exercise. This class will teach beginner friendly line dances that are broken down step by step so that everyone can be successful. Learning dance steps helps improve memory, focus, and coordination. The fun music choices from many genres—country, pop, rock, and more—along with a supportive atmosphere will help decrease stress and improve mood. Let's dance!

**Mash-up Monday:** A high-energy class featuring a different workout each week, from step and kickboxing to hi-lo and conditioning. Props vary weekly to match the workout, keeping each session fresh and fun. Everyone is welcome, with modifications available, though it may be challenging for those with balance or mobility issues.

**SilverSneakers® Classic:** Have fun and move to the music with 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 a ball are offered for resistance. A chair is used for seated and/or standing support.

### Strength

**Functional Movement:** A full-body class focused on strengthening, toning, flexibility, and balance to support everyday activities. Using a variety of equipment and short bursts of cardio, participants improve mobility and overall functional fitness. Everyone is welcome.

**Heavy Lifting for Active Agers:** A strength class using mats, hand weights, barbells, and steppers to build and maintain muscle safely. With low repetitions and longer rests, participants can lift at their own pace to tone and strengthen. Everyone is welcome, with modifications and weight choices to suit all levels.

**Mobility Fusion:** A high-intensity class using only a mat to improve range of motion and overall mobility. Through dynamic, full-body exercises like squats and planks, participants work muscles to fatigue while building strength, endurance, and balance. Everyone is welcome, with modifications as needed.

**Senior Fit 101:** Start your fitness program with the basics of strength training, joint flexibility and movement. Feel free to use a chair for added support if needed.

## **Group Wellness Class Descriptions**

### **Mind-Body**

**Barrelates:** A dynamic fusion of barre and Pilates designed to sculpt, strengthen, and lengthen the entire body. This low-impact class combines small, controlled movements, core-focused Pilates work, and classic barre exercises to build strength, improve posture, and increase flexibility.

**Barre Pilates:** A low-impact, high-intensity class blending the precision of Pilates with the flow of ballet. Using the barre and a mat, participants move through sequences that build strength and tone. Expect improved posture, increased muscle endurance, and a boost in confidence.

**Mat Pilates:** A low-impact class using mats and balls to build core strength, improve posture, enhance flexibility, and boost coordination. Through controlled movements and mindful breathing, participants increase balance, stability, and muscle tone. Everyone is welcome, though it may be challenging for those with balance or mobility issues.

**Gentle Yoga:** A flow class featuring gentle movement, breathing, and supportive props like blocks, bolsters, and straps. It's designed to help you ease into your day with accessible movement, relaxation, and a calm mind. Everyone is welcome, with modifications for all body types.

**Restorative Yoga:** A slow, deeply relaxing class using blocks, bolsters, and blankets to support the body. Participants can release tension, improve flexibility, and experience deep relaxation. Everyone is welcome.

**Yin Yoga:** A calming class where participants hold seated poses for extended periods of time and learn breathing techniques for stress reduction. Everyone is welcome.

**Kids Yoga:** Children ages 5–12 explore simple, playful yoga poses. Through stories, games, and imaginative activities, kids learn breathing and relaxation techniques that help calm their bodies and minds.

**Tai Chi Community:** A student-led class offering a supportive space to practice flowing, mindful Tai Chi in a group setting. Intermediate-level participants work together to recite and refine body sequences that promote balance, focus, and overall well-being. More suitable for those with prior Tai Chi experience. Please bring indoor sneakers to wear for balance.

**Tai Chi for Life:** A gentle, Sun-style Tai Chi class designed to support those with arthritis and help prevent falls. Each session builds on the last, combining demonstration, group practice, and Tai Chi philosophy to help participants learn the form with confidence. Everyone is welcome. Please bring indoor sneakers to wear for balance.

***Call us at (607) 753-9651 or speak to our staff at the front desk to inquire about classes or monthly land or combo packages!***