

# Wellness Schedule - Otsego

Hours: Monday-Thursday 7am-6PM, Friday 7am-4PM, & Saturday 8am-11AM

**October 2022**

| Monday  | Tuesday                                      | Wednesday  | Thursday                                     | Friday   |
|---|--|--|--|--|
| Gym is open for use outside of the class times listed here!   |  |  |  |  |
| <b>Aquafit</b><br>9:00-9:30AM<br>Pool Lori  |  | <b>Aquafit</b><br>9:00-9:30AM<br>Pool Lori           |  | <b>Aquafit</b><br>9:00-9:30AM<br>Pool Lori               |
| SilverSneakers® Classic<br>10:00-10:45AM<br>GYM Lori  | TJQMBB Workshop<br>10:00-11:00AM<br>GYM Jean | SilverSneakers® Classic<br>10:00-10:45AM<br>GYM Lori | TJQMBB Workshop<br>10:00-11:00AM<br>GYM Jean |  |
| Memory Care Exercise<br>10:30-11:00AM<br>Memory Care Sue  |  |  |  | Memory Care Exercise<br>10:30-11:00AM<br>Memory Care Sue |
| <b>Start Walking!</b><br>1:15-1:35 PM<br>GYM 20 Minute DVD  | Cardio Drumming<br>1:15-1:45PM<br>GYM Lori   | <b>TJQMBB Workshop</b><br>1:15-2:15 PM<br>GYM Jean   | Line Dancing<br>1:15-1:45PM<br>GYM Lori      |  |
| OPEN GYM UNTIL CLOSING TIME   |  |  |  |  |
| *A face covering for nose and mouth is required in Club GA - Otsego. Please complete our COVID Visitor Screening Log upon arrival to Club GA. Thank you for your cooperation! |  |  |  |  |
| CLASS DESCRIPTIONS  |  |  |  |  |

**Aquafit:** This low-impact, shallow water class promotes stability, joint flexibility, and range of motion while building cardiovascular endurance and muscular strength.

**Cardio Drumming - Seated:** A fun, rhythmic seated drumming class using stability balls as drums. A unique sensory/motor program designed to give the mind and body instant feedback. Open to all fitness levels.

**Line Dancing:** Move and groove to a variety of music, basic footwork and fun choreography while dancing your way to better health! You'll boost your brain power by improving your memory skills.

**Memory Care Exercise:** This seated exercise class is for those living in the memory care suites. Movements will promote stability, joint flexibility, range of motion and muscular strength.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Start Walking!:** This is a 20-minute at home walking video with Leslie Sansone, played on the big screen! With this gentle walking program, you will complete a low impact walk in place for about 20 minutes. Chairs will be provided so you can sit and rest as needed.

**Tai Ji Quan: Moving for Better Balance:** TJQMBB consists of an 8-form routine with built-in practice variation. Aimed at improving postural stability, participants will learn and practice forms to promote awareness and mindful control of body positioning in space. Work to improve functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength. **\*No prior experience is necessary.**