

Wellness Schedule - Elk River

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Regular Hours: Monday - Friday 7am - 4:30pm *Unsupervised Extended Hours: 7 days/week 6am - 10pm				
<i>*Additional fee applies</i>				
Walking Club 9:00 - 9:30am Gym Video	Walking Club 9:00 - 9:30am Gym Video			Walking Club 9:00 - 9:30am Gym Video
Tai Chi 10:30 - 11:15am Gym Kayla	Stability for Balance 10:30 - 11am Gym Pat	Tai Chi 10:30 - 11:15am Gym Kayla	Stability for Balance 10:30 - 11am Gym Kayla	
Total Body Circuit 12:15 - 12:45pm Gym Kayla		Mat Yoga 12:10 - 12:50pm LEC Kayla	Power & Stretch 11:30 - 12pm Gym Kayla	
	SilverSneakers® Classic 1:45 - 2:30pm Gym Kayla	Gentle Chair Yoga 1:45 - 2:30pm LEC Kayla	SilverSneakers® Classic 1:45 - 2:30pm Gym Holly	
CLASS DESCRIPTIONS				

Gentle Yoga: Improve joint range of movement, strength and balance, and relax! Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve mental clarity. All exercises and stretches are done seated or standing behind a chair. All fitness levels welcome.

Power & Stretch: Focus on strengthening AND stretching your muscles during this 30 minute class! Strength circuits utilizing free weights, resistance bands and body weight will be followed by a deep stretch and relaxation for mind and body. Moderate intensity.

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.

Stability for Balance Class: This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated and standing exercises using resistance bands and small fitness balls. Great for anyone looking to improve their balance!

Tai Chi: Learn and move through the gentle movements and forms of traditional Tai Chi while incorporating a focus on stability, balance and relaxation. Each Tai Chi form flows into the next without pause, ensuring that your body is in constant motion. Participants can sit or stand. All fitness levels welcome.

Total Body Circuit: Challenge your body with a combination of cardio and strength movement patterns engaging upper body, lower body and core muscles. If you're looking to switch up your usual exercise routine for a moderate-level fat burning session, then this class is for you! Modifications available for all exercises, encouraged to work at YOUR pace- give it a try!

Walking Club: Let's gather for a group walk! Follow Leslie Sansone in a 20-30 minute video program that incorporates upper-body movements to increase calorie burn and walk your way fit!

Yoga: In this traditional mat yoga class, you will be led through a flow of postures - focusing on building strength, flexibility and balance. Breathing techniques are utilized to help relax your mind and body. Mats are available in Club GA. Ability to move up and down from mat encouraged.