



# Wellness Schedule - Otsego October 2024

| Hours: Monday - Thursday 7am - 5pm, Friday 7am - 3pm, Saturday 8am - 11am   *Extended Hours: 7 days/week 6am - 10pm *fee applies |   |   |   |  |
|--|---|---|---|--|
| Read schedule vertically by day. Bold font indicates a schedule change.  |   |   |   |  |
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|  | Interval Training<br>7:45 - 8:10am<br>Gym Lori      |   | Interval Training<br>7:45 - 8:10am<br>Gym Lori                  |  |
|  | Nordic Walking<br>9:00 - 9:30am<br>Gym Michele      |   | Tai Chi Practice<br>9:30 - 10:10am<br>Gym Video                 |  |
| SilverSneakers® Classic<br>10:00 - 10:45am<br>Gym Lori   | Beginner Tai Chi<br>9:40 - 10:10am<br>Gym Michele   | SilverSneakers® Classic<br>10:00 - 10:45am<br>Gym Lori              |   | Seated Strength & Stretch<br>10:00 - 10:30am<br>Gym Lori |
| WOW Exercise Class<br>10:30 - 11:00am<br>Memory Care Sue   |   |   |   | WOW Exercise Class<br>10:30 - 11:00am<br>Memory Care Sue |
| Nordic Walking<br>1:15 - 1:45pm<br>Outside/Gym Holly   | Cardio Drumming<br>1:15 - 1:45pm<br>Gym Lori        | Gentle Chair Yoga<br>1:15 - 1:45pm<br>Gym <b>No class 10/2</b> Lori | Line Dancing<br>1:15 - 1:45pm<br>Gym <b>No Class 10/17</b> Lori |  |
|  | Cardio Drumming for MC<br>1:45 - 2:15pm<br>Gym Lori |   |   |  |
| CLASS DESCRIPTIONS   |   |   |   |  |

**Beginner Tai Chi:** This is an introduction to 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. **\*No prior experience is necessary.**

**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.

**Gentle Chair 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.

**Interval Training:** Complete 5 different cardio or strength exercises, with intervals of 20 seconds of work followed by 10 seconds of rest, for 8 rounds each. Ability to move down and up from floor is recommended for this class.

**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.

**NEW! Nordic Walking:** Nordic walking is a low-impact exercise that combines cardiovascular exercise with strength training and can be done on many types of terrain. Class may include balance, strengthening, and gait exercises, agility, and working with small obstacles. Participants will use Nordic poles, designed to help propel the body forward and engage the upper body.

**Seated Strength & Stretch:** This class is appropriate for all levels. Designed to maintain muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and/or other tools may be offered for resistance.

**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.

**Tai Chi Practice:** All Levels Welcome! This class will follow a DVD. Learn and move through the gentle movements and forms of traditional Tai Chi while incorporating a focus on stability, balance and relaxation. Participants can sit or stand.

**WOW Exercise Class:** Wellness on Wheels. For this exercise class, a certified fitness instructor visits the memory care common area to provide onsite exercise for residents.