

Wellness Schedule - Elk River October 2024

Regular Hours: Monday - Thursday 7am - 4:30pm, Friday 7am-4pm *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
Walking Club 9:00 - 9:30am Gym Video	Walking Club 9:00 - 9:30am Gym Video	Walking Club 9:00 - 9:30am Gym Video	Walking Club 9:00 - 9:30am Gym Video	Walking Club 9:00 - 9:30am Gym Video
			Nordic Walking 9:45 - 10:15am Gym/Outside Holly	
SilverSneakers® Classic 10:30 - 11:15am Gym Michele	Stability for Balance 10:30 - 11am Gym Pat	Tai Chi 10:30 - 11:15am Gym Tracy	Stability for Balance 10:30 - 11am Gym Holly	Tai Chi 10:30 - 11:15am Gym Tracy
Total Body Circuit 12:15 - 12:45pm Gym Michele		Seated Stretch 1:15 - 1:40pm LEC Tracy		Cardio Drumming 1:30 - 2:00pm Gym Michele
Gentle Chair Yoga 1:45 - 2:30pm LEC Michele	SilverSneakers® Classic 1:45 - 2:30pm Gym Tracy	Gentle Chair Yoga 1:45 - 2:30pm LEC Tracy	SilverSneakers® Classic 1:45 - 2:30pm Gym Tracy	Nordic Walking 2:15 - 2:45pm Gym/Outside Michele
	Seated Stretch 2:45 - 3:15pm Gym Tracy			

CLASS DESCRIPTIONS

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.

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, which are designed to help propel the body forward and engage the upper body.

Seated Stretch: Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve flexibility. All exercises and stretches are done seated. All fitness levels welcome.

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: 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. A moderate-level class with modifications available for all exercises, work at YOUR pace!

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!