

Wellness Schedule - Otsego

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Hours: Monday - Thursday 7am - 6pm Friday 7am - 4pm Saturday 8am - 11am				
<i>Gym is open for use outside of the class times listed here!</i>				
	Tai Chi Practice 9:30 - 10:15am Gym Video		Start Walking 9:30 - 10:00am Gym Video	
SilverSneakers® Classic 10:00 - 10:45am Gym Lori		SilverSneakers® Classic 10:00 - 10:45am Gym Lori		Seated Strength & Stretch 10:00 - 10:30am Gym Lori
Memory Care Exercise 10:30 - 11:00am Memory Care Sue	Aquafit 10:30 - 11:00am Pool Lori		Aquafit 10:30 - 11:00am Pool Lori	Memory Care Exercise 10:30 - 11:00am Memory Care Sue
Start Walking 1:15 - 1:45pm Gym Video	Cardio Drumming 1:15 - 1:45pm Gym Lori	Tai Chi Practice 1:15 - 2:00pm Gym Video	Line Dancing 1:15 - 1:45pm Gym Lori	
	Memory Care Drumming 1:45 - 2:15pm Gym Lori			BOLD font indicates a schedule change.
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.

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.

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 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.