


Wellness Schedule - Otsego

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

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Gym is open for use outside of the class times listed here!				
Aquafit 9:00-9:30AM PoolLori		Aquafit 9:00-9:30AM PoolLori		Aquafit 9:00-9:30AM PoolLori
SilverSneakers® Classic 10:00-10:45AM GYMLori	TJQMBB Workshop 10:00-11:00AM GYMJean	SilverSneakers® Classic 10:00-10:45AM GYMLori	TJQMBB Workshop 10:00-11:00AM GYMJean	
Memory Care Exercise 10:30-11:00AM Memory CareSue	Election Day No Class Nov. 8th			Memory Care Exercise 10:30-11:00AM Memory CareSue
Start Walking! 1:15-1:45 PM GYMDVD	Cardio Drumming 1:15-1:45PM GYMLori	TJQMBB Workshop 1:15-1:45 PM GYMJean	Line Dancing 1:15-1:45 PM GYMLori	
	Memory Care Drumming 1:45-2:15pm GYMLori	*Closed November 24 - 26		
OPEN GYM UNTIL CLOSING TIME				
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.

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: An evidence-based falls prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tye gee chuwan). TJQMBB consists of an 8-form core with built-in practice variation. Aimed at improving postural stability, awareness and mindful control of body positioning in space, 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.**