

# Wellness Schedule - Otsego

## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Interval Training</b> <b>7:30 - 7:55am</b> Gym Lori	SilverSneakers® Classic 10:00 - 10:45am Gym Lori	<b>Mat Yoga</b> <b>7:30 - 7:55am</b> Gym Lori	
SilverSneakers® Classic 10:00 - 10:45am Gym Lori	Beginner Tai Chi 9:30 - 10:10am Gym Michele	SilverSneakers® Classic 10:00 - 10:45am Gym Lori	Tai Chi Practice 9:30 - 10:10am Gym Video	Seated Strength & Stretch 10:00 - 10:30am Gym Lori
WOW Exercise Class 10:30 - 11:00am Memory Care Sue	Cardio Drumming 1:15 - 1:45pm Gym Lori	Gentle Chair Yoga 1:15 - 1:45pm Gym Lori	Line Dancing 1:15 - 1:45pm Gym Lori	WOW Exercise Class 10:30 - 11:00am Memory Care Sue
	Cardio Drumming for MC 1:45 - 2:15pm Gym Lori		<b>Gym Reserved</b> <b>4:30 - 6:30pm</b> <b>Employee Wellness</b>	
Read schedule vertically by day. <b>Bold font</b> indicates a schedule change.				
Gym is open for use outside of the class times listed here! Pool opens 30 minutes after Club opens, and closes 15 minutes prior to Club closing.				
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.

**Mat Yoga:** In this traditional mat yoga class, you will be led through a flow of postures - focusing on building strength, flexibility and balance. Some mats are available but you are welcome to bring your own. Ability to move up and down from mat recommended.

**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:** WOW = Wellness on Wheels. For this exercise class, we send an instructor to the memory care common area to provide onsite exercise for residents.