

Wellness Class Schedule

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supervised Pool 8:30-9:45am Pool Lori	Group Walking 8:30-9:00am Outside Lori	Supervised Pool 8:30-9:45am Pool Lori	Group Walking 8:30-9:00am Outside Lori		Supervised Pool 8:30-9:45am Pool Holly
	Open Pickleball 9:00 - 10:30am Gym		Open Pickleball 9:00 - 10:30am Gym		Open Pickleball 9:00 - 11:30am Gym
SilverSneakers® Classic 10:30-11:15am Gym Lori		Joyful Beats 10:30-11:00am Gym Lori		SilverSneakers® Classic 10:30-11:15am Gym Lori	Group Walking 10:30-11:00am Outside Holly
	Beginners Tai Chi 11:00-11:45am Gym Kayla		Beginners Tai Chi 11:00-11:45am Gym Lori		
*9/23/19 3pm Falls Prevention Day! Balance Assessments and Refreshments	*9/10 Special Event 1:15-1:45pm Joyful Beats/Resist Bands	Line Dancing 1:15-2:00pm Gym Lori		Balance Together 1:15-2:00pm Gym Lori	
Aquafit 3:45-4:15pm Pool Holly	SilverSneakers® Classic 3:45-4:30pm Gym Holly	Aquafit 3:45-4:15pm Pool Holly	SilverSneakers® Classic 3:45-4:30pm Gym Holly		
Open Pickleball 4:30-5:30pm Gym	Supervised pool 4:30-5:30pm Pool Holly	Open Pickleball 4:30-5:30pm Gym	Supervised pool 4:30-5:30pm Pool Holly		
*Closed Labor Day 9/2					

CLASS DESCRIPTIONS

Aquafit: This low-impact, shallow water class promotes stability, joint flexibility, and range of motion while building cardiovascular endurance and muscular strength.

Balance Together: In this small group class, you will learn and practice exercises to improve balance, coordination, posture, and core strength. We will occasionally implement simple balance assessments.

Beginners Tai Chi: This class is 45-minute in length and teaches the basics of Tai Chi by following an easy-to-learn teaching system. Learn 8 single Tai Chi forms while improving your balance and core strength. Includes seated and standing movements and exercises.

Open Pickleball: Whether you've never played Pickleball before, or you're a pro, this time is designated for you! Learn pickleball rules, terminology, primary skills, and more. These open sessions help develop technique and strategy for social play. Plus, we provide paddles and balls - so come learn and get to know other new players at our new facility!

Joyful Beats - Seated: Groove your way to wellness in this rhythmic seated drumming class as you move to the music and have fun doing it! It is a unique sensory/motor program that is designed to give the mind and body instant feedback. This aerobic exercise can also increase the neurological connection between the two brain hemispheres. It is a workout for the mind, body, and spirit and can be modified for any fitness level.

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, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

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.

Supervised Pool: Designated time for individuals to use the pool without a buddy. Do your own thing, walk, float, sit or swim! We do not have a lifeguard on duty, but will make sure the pool is supervised at this designated time.

Group Walking: Let's get together for a group walk! Walk at your own pace in a group walking class on Tuesdays, or stroll the trails with a group on Thursdays - Meet at Club GA. When the weather is not nice, we'll walk in the gym*.

Club G.A. Hours

Monday - Thursday: 8:00am - 6:00pm

Friday: 8:00am - 4:30pm

Saturday: 8:00am - 12:00pm

guardianangelsmn.org

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