

March Wellness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supervised Swim 9:00-10:00am Pool *No Buddy Needed	Walking Club 8:30 - 9:00am Gym *DVD or Instructor	Supervised Swim 9:00-10:00am Pool *No Buddy Needed	Walking Club 8:30 - 9:00am Meet in RVL Library* Lori		Supervised Swim 9:00-10:00am Pool *No Buddy Needed
SilverSneakers® Classic 10:30-11:15am Gym Lori	Beginners Tai Chi 11:00-11:45am NEW! Gym Kayla	Joyful Beats 10:30-11:00am Gym Lori	Aquafit 11:00-11:45am NEW! Pool Lori	Gentle Yoga 10:30-11:15am Gym Lori	SilverSneakers® Classic 10:30-11:15am NEW! Gym **Starts 3/23/19**
	Aquafit 2:15-3:00pm NEW! Pool Lori/Holly			SilverSneakers® Classic 2:15-3:00pm Gym Lori	
Open Pickleball 3:30-4:00pm Gym Lori	Gentle Yoga 4:30-5:30pm NEW! Gym **3/12/19 - 4/9/19**	Open Pickleball 3:30-4:00pm Gym Lori	Supervised Swim 3:00-4:00pm Pool *No Buddy Needed		

CLASS DESCRIPTIONS

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

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.

Gentle Yoga: Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.*All exercises and stretches are done seated or standing. All fitness levels welcome.

Intro to Pickleball: If you've never played Pickleball before, this is designed especially for you! Taught by wellness staff, this class will cover the basics of Pickleball rules, terminology, primary skills, and more. These 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.

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 Swim: Designated time for individuals to use the pool without a buddy. We do not have a lifeguard on duty, therefore, a buddy is required for pool use outside of the supervised pool hours.

Walking Club: Let's get together for a group walk! Walk at your own pace in a group walking class on Tuesdays, or stroll the halls with a group on Thursdays. When the weather gets nicer, we'll go outside for a walk on the trails.

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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