

# Wellness Class Schedule

## November 1-December 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Supervised Pool 8:30-9:45am Pool Lori	<b>Low-Impact Cardio</b> <b>8:30-9:00am</b> Gym Lori	Supervised Pool 8:30-9:45am Pool Lori	<b>Low-Impact Cardio</b> <b>8:30-9:00am</b> Gym Lori		Supervised Pool 8:30-9:45am Pool Holly
	Open Pickleball 9:00 - 10:00am Gym		Open Pickleball 9:00 - 10:00am 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	
	Beginners Tai Chi 11:00-11:45am Gym Kayla	Memory Care Exercise 12:15-12:45pm MC 2 Lori	Beginners Tai Chi 11:00-11:45am Gym Lori	Memory Care Exercise 12:15-12:45pm MC 2 Lori	
		Line Dancing 1:15-2:00pm Gym Lori		Balance Together 1:15-2:00pm Gym Lori	
	<b>Supervised Pool</b> <b>2:15-3:30pm</b> Pool <b>Varies</b>		<b>Supervised Pool</b> <b>2:15-3:30pm</b> Pool <b>Varies</b>		
<b>Supervised Pool</b> <b>3:45-4:15pm</b> Pool <b>Varies</b>	SilverSneakers® Classic 3:45-4:30pm Gym Holly	<b>Aquafit</b> <b>3:45-4:15pm</b> 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		

**\*Bold font indicates new class or time.**

**Note: Club GA will be open revised hours over Thanksgiving, Christmas, and New Years. Revised hours will be posted at the club and on our facebook page.**

### 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.

**Joyful Beats - Seated Cardio Drumming:** 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. 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.

**Low-Impact Cardio:** Exercise to a variety of music, with basic footwork and fun choreography, you will be moving 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.

**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!

**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.

#### Club G.A. Hours

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

Friday: 8:00am - 4:30pm

Saturday: 8:00am - 12:00pm

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