

# September Wellness Schedule - Elk River

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walking Club</b> 8:30 - 9:00am Gym	<b>Walking Club</b> 8:30 - 9:00am Gym		<b>Beginners Tai Chi</b> 9:00-9:45am Gym <b>*NO Class 9/19</b> Kayla	<b>Walking Club</b> 8:30 - 9:00am Gym
<b>Tai Chi</b> 10:00-10:45am Gym Kayla	<b>StAbility</b> 10:30-11:00am Gym Pat	<b>Tai Chi</b> 10:00-10:45am Gym Sherry	<b>StAbility</b> 10:30-11:00am Gym - Diana	Close @ 4:30pm
<b>*9/23/19 11:30 - 1:30</b> <b>Falls Prevention Day!</b> <b>Balance Assessments</b>	<b>SilverSneakers® Classic</b> 2:00-2:45pm Gym Sue	<b>Gentle Yoga</b> 2:00-2:45pm LEC Kayla	<b>SilverSneakers® Classic</b> 2:00-2:45pm Gym - Diana	
<b>Strength equip. NOT available 4:15-5</b>		<b>Hatha Yoga</b> 4:15-5:00pm LEC Kayla	<b>Total Body Circuit</b> 4:15-5:00pm Gym Kayla	
<b>Sculpt &amp; Scorch</b> 4:15-5:00pm Gym - Kayla				

## CLASS DESCRIPTIONS

**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.

**Hatha Yoga:** This is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop body awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, you will focus on balance, strength, and a sense of well-being during this 45 minute class.

**Sculpt & Scorch:** Tone your body with a mix of strength and cardio circuits utilizing the HUR Strength Equipment mixed with 45 second intervals of moderate intensity cardio and core work. The combo will lead to optimal gains in muscular strength, toning and calorie burn! Exercise modifications available. Appropriate for all fitness levels.

**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.

**StAbility:** This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated and standing exercises using resistance bands and small fitness balls. Great for anyone looking to improve their balance!

**Tai Chi:** This is a 45-minute class for those who have completed the Beginners Tai Chi program. This Advanced Tai Chi class focuses on the original Tai Chi forms, but is practiced in more complex exercises and is the second step in the Club GA Tai Chi Program.

**Total Body Circuit:** High intensity intervals focusing on total body fitness. If you're looking to switch up your usual exercise routine for a fat burning session, then this class is for you!

**Walking Club:** Let's gather for a group walk! Follow Leslie Sansone in a 20-30 minute video program that incorporates upper-body movements to increase calorie burn and walk your way fit!

Club G.A. SUMMER HOURS:

Monday - \*Friday

7:00am - 5:30pm \*Fridays close at 4:30

guardianangelsmn.org

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Extended Hours:

7 Days/Week

6:00am - 8:00pm