

Wellness Schedule - Otsego

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Gym is open for use outside of the class times listed here!				
SilverSneakers® Classic 10:00-10:45AM GYM Lori	Aqua-Fit 10:00-10:30AM GYM Lori	SilverSneakers® Classic 10:00-10:45AM GYM Lori	Aqua-Fit 10:00-10:30AM GYM Lori	Low Impact Cardio 10:00-10:30AM GYM Lori
				Strength & Stretch 10:30-11:00AM GYM NEW! Lori
Beginner Tai Chi 1:15-1:45 PM Chapel DVD	Cardio Drumming 1:15-1:45PM GYM Lori	Beginner Tai Chi 1:15-1:45 PM Chapel DVD	Line Dancing 1:15-1:45PM GYM Lori	
	Open Pickleball 3:00-5:45PM GYM		Open Pickleball 3:00-5:45PM GYM	
*A face covering for nose and mouth is required in Club GA - Otsego. Please complete our COVID Visitor Screening Log upon arrival to Club GA. Thank you for your cooperation!				
CLASS DESCRIPTIONS				

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

Beginner Tai Chi: *All Levels Welcome! This class will follow a virtual online classe. 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.

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.

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.

Low-Impact Cardio: Exercise to a variety of music, with basic footwork and fun choreography, you will be moving your way to better health! Moderate exercise level.

Strength & Stretch: Join us for a beginner/moderate level exercise class focused on strengthening major muscle groups and releasing any tension or stiffness through a series of stretches.

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.