

Wellness Schedule - Otsego

JULY 2022

Open Hours: Monday-Thursday 7am-6PM, Friday 7am-4PM, & Saturday 8am-11AM

Monday	Tuesday	Wednesday	Thursday	Friday
Gym is open for use outside of the class times listed here!				
*Closed July 4				
SilverSneakers® Classic 10:00-10:45AM GYM Lori	TJQMBB Workshop 10:00-11:00AM GYM Jean	SilverSneakers® Classic 10:00-10:45AM GYM Lori	TJQMBB Workshop 10:00-11:00AM GYM Jean	Aqua-Fit 10:00-10:30AM Pool Lori
Memory Care Exercise 10:30-11:00AM Memory Care Sue	Aqua-Fit 11:00-11:30AM Pool Lori			Memory Care Exercise 10:30-11:00AM Memory Care Sue
Beginner Tai Chi 1:15-1:45 PM GYM DVD	Cardio Drumming 1:15-1:45PM GYM Lori	Beginner Tai Chi 1:15-1:45 PM GYM DVD	Line Dancing 1:15-1:45PM GYM Lori	*Closing at 3pm July 1
OPEN GYM UNTIL CLOSING TIME				
*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 DVD. 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.

Cardio, Strength & Stretch: A 30-minute class moving you through exercises aimed at improving cardiovascular health, muscular strength, range of movement, and activity for daily living skills. A chair and light equipment may be used.

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.

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.

Tai Ji Quan: Moving for Better Balance: An evidence-based falls prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan (pronounced tie gee chuwan). TJQMBB consists of an 8-form core with built-in practice variation. Aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower-extremity muscle strength. ***No prior experience is necessary.**