


# Wellness Schedule - Elk River

## November 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
Regular Hours: Monday - Thursday 7am - 4:30pm, Friday 7am-4pm   *Unsupervised Extended Hours: 7 days/week 6am - 10pm									
*Additional Fee Applies									
				Closing at 3pm 11/22		Closed 11/23		Closing at 12pm 11/24	
Walking Club 9:00 - 9:30am		Walking Club 9:00 - 9:30am		Walking Club 9:00 - 9:30am		Walking Club 9:00 - 9:30am		Walking Club 9:00 - 9:30am	
Gym	Video	Gym	Video	Gym	Video	Gym	Video	Gym	Video
Tai Chi 10:30 - 11:15am		Stability for Balance 10:30 - 11am		Tai Chi 10:30 - 11:15am		Stability for Balance 10:30 - 11am			
Gym	Kayla	Gym	Pat	Gym	Kayla	Gym	Holly		
									
		SilverSneakers® Classic 1:45 - 2:30pm		Gentle Chair Yoga 1:45 - 2:30pm		SilverSneakers® Classic 1:45 - 2:30pm		<b><i>Bold font indicates a schedule change.</i></b>	
		Gym	Tracy	LEC	<b>Sue</b>	Gym	Tracy		
CLASS DESCRIPTIONS									

**Gentle Chair Yoga:** Improve joint range of movement, strength and balance, and relax! Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve mental clarity. All exercises and stretches are done seated or standing behind a chair. All fitness levels welcome.

**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 for Balance:** 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:** Learn and move through the gentle movements and forms of traditional Tai Chi while incorporating a focus on stability, balance and relaxation. Each Tai Chi form flows into the next without pause, ensuring that your body is in constant motion. Participants can sit or stand. All fitness levels welcome.

**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!