

# GROUP EXERCISE SCHEDULE



## Effective September 2022

**HIGH** Intensity

**MEDIUM** Intensity

**LOW** Intensity

### MONDAY

- 8:15 - 9am **Core and More**  
South Wing FC (Z)\*
- 9:15 - 10am **Cardio Dance**  
South Wing FC
- 10:15-10:45am **Beautiful Bones**  
South Wing FC
- 10 - 11am **Mat Yoga**  
Pilates Studio (Z)\*

### TUESDAY

- 9:15 - 10am **Step**  
South Wing FC
- 10:15 - 11am **Chair Yoga**  
South Wing FC
- 1:30 - 2:15pm **Tai Chi**  
South Wing FC

### WEDNESDAY

- 8:15 - 9am **Core and More**  
South Wing FC (Z)\*
- 9:15 - 10am **Aqua Cardio**  
Natatorium
- 9:15 - 10am **Functional Strength**  
South Wing FC (Z)\*
- 10:15 - 10:45am **Beautiful Bones**  
South Wing FC
- 1:30 - 2pm **Guided Meditation** (Z)\*

### THURSDAY

- 9:15 - 10am **Cardio Circuit**  
South Wing FC
- 10:15 - 11am **Chair Yoga**  
South Wing FC
- 3 - 4pm **Yin Mat Yoga**  
Pilates Studio (Z)\*

### FRIDAY

- 8:15 - 9am **Core and More**  
South Wing FC (Z)\*
- 9:15 - 10am **Functional Strength**  
South Wing FC (Z)\*
- 10 - 10:45am **Aqua Cardio**  
Natatorium
- 10:15 - 10:45am **Beautiful Bones**  
South Wing FC
- 1:30 - 2:15pm **Tai Chi**  
South Wing FC



#### Fitness and Wellness Staff

Kirsten Benson -Fitness Director  
Lynn Stanwood - Fitness Coordinator  
Timothy Conde– Fitness Coordinator  
Janice Flannigan- Fitness Coordinator  
Cherie Griffin– Fitness Coordinator

#### For more information

#### Please Contact:

Kirsten Benson  
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(Z)\* indicates classes available via ZOOM, contact staff for link. Please do not arrive more than 5 minutes late to class for safety reasons.

## **CLASS DESCRIPTIONS:**

**Core and More:** This advanced class focuses on strengthening your core and increasing flexibility. The class will have an emphasis on a full body workout with a serious focus on the core. Floor work is included (mats provided). Participants must be able to get up off the floor with no assistance.

**Functional Strength:** This class is designed to build a foundation of functional strength throughout the body. Using dumbbells and various body weight exercises, participants will perform strengthening movements that build key muscle groups to help us keep our balance and perform Activities of Daily Living with ease.

**Chair Yoga:** Yoga is an ancient practice combining movement with breath. The benefits are many including strength, flexibility, mental clarity and emotional calmness. Seated and standing poses will be offered.

**MAT Yoga:** A challenging flow class working on strength, balance, and endurance. Join us as we work through sun salutations, warrior series and more! Must be able to get on and off the floor without assistance.

**Aqua Cardio:** This class will focus on three components of fitness: cardiovascular endurance, muscular conditioning and balance wrapped into a circuit style format.

**Tai Chi:** Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. We will work on mindfulness, balance and strength through the forms that we incorporate into our practice.

**STEP:** A fun, work at your own pace, heart-pumping class! We will work on balance, coordination, strength and cardiovascular fitness.

**Cardio Dance:** Join the fun and dance to the music in this heart pumping class! This class is designed as exercise in disguise, where we will utilize different styles of dance to increase our cardiovascular fitness and lower body strength.

**Beautiful Bones:** This class is specifically designed for participants to improve their strength and range of motion. The exercises are selected with osteoporosis in mind and target muscles in the hip, spine and upper/lower body.

**Yin Mat Yoga:** A gentle yoga class focusing on stretching and gaining flexibility and mobility. A slow-paced class, you will leave feeling totally relaxed! Must be able to get on and off the floor without assistance.

**Guided Meditation:** Relax and recharge with a 30-minute easy guided meditation. Breath work and guided imagery will lead you through to finish rejuvenated.