

Class Description

Chair Aerobics:

This class is designed for individuals with limited mobility. Individuals will develop and maintain muscle strength and range of motion. All exercises are performed while seated in a stable chair. No previous experience is needed. Class length is 60 minutes.

Mindfulness:

This class can be done seated in a chair or you can sit on a comfortable blanket. Relax your mind, body and soul as you are guided through relaxing breathing techniques and guided meditation. This class is excellent for any individual who desires to reduce stress, calm the mind and relax. No previous experience is needed. Class length is 15-30 minutes.

Mat Pilates:

This class incorporates a variety of controlled exercises to help improve posture, strengthen muscles and improve flexibility. Mat Pilates is designed for a whole spectrum including individuals beginning their exercise regimen through the advanced Pilates participant. Props will be used and alignment will be discussed. No previous experience is needed. Class length is 60 minutes.

Resistance to the Core:

This class incorporates a blend of exercises that help to improve abdominal and back strength, mobility and posture. Many exercises will be on the floor, physio ball or standing. Dumbbells, resistance bands and other equipment may be used during the class. This class is open to any fitness level. Class length is 45 minutes.

Yoga:

This class is targeted toward the beginner and intermediate student. The class includes stretching and strengthening poses for every body type and implements proper breathing techniques to help relax the mind. Props will be used as needed and alignment will be discussed. No previous experience is needed. Class length is 60 minutes.

Yoga/Pilates:

Enjoy the fundamentals of yoga and Pilates through this fun and energizing full-body workout. This class combines yoga and Pilates techniques to help strengthen the main core of your body (back and abs). Through this fluid class, you will stretch and strengthen as well as focus on breathing techniques. If you have not participated in a yoga or Mat Pilates class previously, it is encouraged that you attend one first before attending this class. Class length is 60 minutes.

**Mats and blankets are provided. You may bring your personal mat and blanket if you choose to.*

Multi-Purpose Room Schedule

March, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM		Pulmonary Rehab (Patients Only)		Pulmonary Rehab (Patients Only)		
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM		Pulmonary Rehab (Patients Only)		Pulmonary Rehab (Patients Only)		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Resistance to the Core 12:00 - 12:50	Yoga 12:05-12:50	Resistance to the Core 12:00 - 12:50	Mindfulness 12:15 - 12:45		
1:00 PM						
1:30 PM				Pulmonary Rehab (Patients Only)		
2:00 PM						
2:30 PM		Healthy U (self-health management program) 2:30 - 5pm Feb 7-March 14	Chair Aerobics 2:30 - 3:30			
3:00 PM						
3:30 PM					Better Breathers Club 3:30 - 5:00 (4th Thursday each month)	
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Yoga 5:30 - 6:30		Mat Pilates 5:30 - 6:30 except 3/22:			
6:00 PM		Mindfulness 6:00 - 6:30	Dr. Stowell Shoulder Conditions Seminar			