



## Class Descriptions

### **Better Breathers Club:**

Designed by the American Lung Association, this is a support group for individuals with chronic lung diseases and their caregivers. The club offers presentations on exercise, breathing techniques, supplemental oxygen, general medication education and much more! There is no cost to join.

### **Chair Yoga:**

This class is designed for individuals with limited mobility. Individuals will develop and maintain flexibility and range of motion. All movements are performed while seated in a stable chair. No previous experience is needed.

### **Circuit Class:**

This is a fast-paced class that takes place in the gym where you do one exercise for an allotted amount of time and then move on to another exercise. Similar to musical chairs; everyone begins at a *station* (a place where an exercise is done), and when the instructor yells "Time!" everyone moves to the next free station. Open to all fitness levels.

### **Freedom from Smoking (Registration Required):**

This class is for individuals who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on *how* to quit, not *why* to quit. **Cost is \$75 for 7 weeks.**

### **Group Acupuncture (Registration Required):**

Designed to provide a more affordable & expedited acupuncture treatment option, patients will be treated in a comfortable group atmosphere. Patients will rest and receive treatments in zero gravity chairs. Multiple conditions can be treated such as joint, neck, arm and leg pain/neuropathy along with anxiety, depression, PTSD and women's health issues. **Cost is \$20 for 45 minutes.**

### **Healthy U (Registration Required):**

Take an active role in improving your health! This evidenced based class, designed by Stanford University. is for anyone over the age of 18 who may suffer from one or more chronic illnesses. Caregivers and friends of those who would benefit from this class also make great participants. **Cost is \$60 for 6 weeks.** Each class you attend, you will receive \$10 back!

### **Mindfulness Yoga:**

These classes incorporate all directions of movement (asana), followed by focused breathing (pranayama) and a short meditation. This integrated practice is designed to help students be more mindful and relaxed every day.

### **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 levels.

### **Tai Chi for Balance:**

This is an evidenced-based class through the Centers for Disease Control and Prevention. It has shown to decrease the number of falls, the risk of falling, and the fear of falling, as well as improvement in functional balance and physical performance. Flow through a series of slow and relaxed movements while learning how to breathe through each move. Everyone is welcome to participate.

### **Total Body:**

Work all muscle groups with a variety of strengthening and conditioning exercises. This class will help tone your upper and lower body using a variety of different pieces of equipment. This class is for ANY fitness level!

### **Yoga:**

Increase your strength, flexibility and connect your mind, body and spirit. This class will help you reduce stress and tension through breathing techniques, as well as, increase your stamina through movements designed to help with overall well-being. Open to any fitness level.

### **Yogalates:**

This class combines the benefits of core strengthening in Pilates and the flexibility of yoga in one session. A variety of equipment is used during class and is supplied for you. Each class lasts 60 minutes and is open to more moderate levels.

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

***\*To register for a class listed above, contact the Wellness Center front desk at 577-2929.***

# February 2018

## Multi-Purpose Room Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 12:05-12:50pm Yoga	2
5 12:05-12:50pm Resistance to the Core 5-6pm Yogalates	6 12:05-12:50pm Mindfulness Yoga 2-4:30pm Healthy U (West Tower Conf room A) 4:30-6 pm Freedom from Smoking 4:30-6pm Circuit Class(Gym)	7 12:05-12:50pm Total Body 2-3pm Chair Yoga 4:30-5:15pm Tai Chi 6-7pm Group Coaching	8 12:05-12:50pm Yoga 5-6:30pm Group Acupuncture	9
12 12:05-12:50pm Resistance to the Core 5-6pm Yogalates	13 12:05-12:50pm Mindfulness Yoga 2-4:30pm Healthy U (West Tower Conf room A) 4:30-6pm Freedom from Smoking 4:30-6pm Circuit Class (Gym)	14 12:05-12:50pm Total Body 2-3pm Chair Yoga 4:30-5:15pm Tai Chi	15 12:05-12:50pm Yoga	16
19 12:05-12:50pm Resistance to the Core 5-6pm Yogalates	20 12:05-12:50pm Mindfulness Yoga 4:30-6pm Circuit Class (Gym)	21 12:05-12:50pm Total Body 2-3pm Chair Yoga 4:30-5:15pm Tai Chi 6-7pm Group Coaching	22 12:05-12:50pm Yoga 3:30-5pm Better Breathers Club	23 11:30-1pm Group Acupuncture
26 12:05-12:50pm Resistance to the Core 5-6pm Yogalates	27 12:05-12:50pm Mindfulness Yoga 4:30-6pm Circuit Class (Gym)	28 12:05-12:50pm Total Body 2-3pm Chair Yoga 4:30-5:15pm Tai Chi		