



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.

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!

Meditation:

Take a moment of your day to be at peace with yourself. In this class, learn the health benefits, history of, & the many forms of meditation. This class lasts approximately 10-25 minutes and caters to each individual's need for a comfortable position (standing, seated on the floor or in a chair).

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 that has shown to decrease the number of falls, the risk of falling, and fear of falling, as well as, improve functional balance and physical performance among people age 70 and older. Flow through a series of slow and relaxed movements while learning how to breathe through each move. Any age 16 and over are welcome to participate.

Total Body:

Work all muscle groups and get your heart pumping while performing aerobic (cardio) and anaerobic (strengthening) 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!

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.***

January 2018

Multi-Purpose Room Schedule

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>CLOSED NEW YEARS DAY</p>	<p>2</p> <p>4:30-6 pm Freedom from Smoking</p>	<p>3</p> <p>12:05-12:50 Total Body</p> <p>4:30-5:30 Tai Chi</p>	<p>4</p> <p>12:05-12:35 Meditation</p> <p>5:30-6:30 Group Coaching</p>	<p>5</p>
<p>8</p> <p>12:05-12:50 Resistance to the Core</p> <p>5-6 pm Yogalates</p>	<p>9</p> <p>2-4:30 Healthy U</p> <p>4:30-6 pm Freedom from Smoking</p>	<p>10</p> <p>12:05-12:50 Total Body</p> <p>4:30-5:30 pm Tai Chi</p> <p>6-7 pm Group Coaching <i>(if needed)</i></p>	<p>11</p> <p>12:05-12:35 Meditation</p> <p>5-6:30 pm Group Acupuncture</p>	<p>12</p>
<p>15</p> <p>12:05-12:50 Resistance to the Core</p> <p>5-6 pm Yogalates</p>	<p>16</p> <p>2-4:30 Healthy U</p> <p>4:30-6 pm Freedom from Smoking</p>	<p>17</p> <p>12:05-12:50 Total Body</p> <p>4:30-5:30 Tai Chi</p>	<p>18</p> <p>12:05-12:35 Meditation</p> <p>5:30-6:30 Group Coaching</p>	<p>19</p>
<p>22</p> <p>12:05-12:50 Resistance to the Core</p> <p>5-6 pm Yogalates</p>	<p>23</p> <p>12:05-12:50 Mindfulness Yoga</p> <p>2-4:30 Healthy U</p> <p>4:30-6 pm Freedom from Smoking</p>	<p>24</p> <p>12:05-12:50 Total Body</p> <p>2-3 pm Chair Yoga</p> <p>4:30-5:30 Tai Chi</p> <p>6-7 pm Group Coaching <i>(if needed)</i></p>	<p>25</p> <p>12:05-12:35 Meditation</p> <p>3:30-5 Better Breathers Club</p> <p>4:30-6 pm Freedom from Smoking (SSB HR Classroom)</p>	<p>26</p> <p>11:30-1 pm Group Acupuncture</p>
<p>29</p> <p>12:05-12:50 Resistance to the Core</p> <p>5-6 pm Yogalates</p>	<p>30</p> <p>12:05-12:50 Mindfulness Yoga</p> <p>2-4:30 Healthy U</p> <p>4:30-6 pm Freedom from Smoking</p>	<p>31</p> <p>12:05-12:50 Total Body</p> <p>2-3 pm Chair Yoga</p> <p>4:30-5:30 Tai Chi</p>		