

April

Multi-Purpose Room Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
12:05-12:50pm - Resistance to the Core 3 - 3:50pm- Cancelled	12:15-1pm - FitNERD 5:15pm-Running for Beginners	12-1pm- Cancelled 12:05-12:50pm- Total Body Resistance (Gym) 1:30-2:30 - Cancelled 5:10-6pm - Tai Chi	12:05-12:50pm - Yoga 12:15-1:15pm - Running Club	12:05-12:50 MindBodyU 3 - 3:50pm-Tai Chi
8	9	10	11	12
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:15-1pm - FitNERD 5:15pm-Running for Beginners	12-1pm-Yoga for Stress 12:05-12:50pm- Total Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm - Yoga 12:15-1:15pm - Running Club 5-6:30 - Group Acupuncture	12:05-12:50 MindBodyU 3 - 3:50pm-Tai Chi
15	16	17	18	19
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:15-1pm - FitNERD 5:15pm-Running for Beginners	12-1pm-Yoga for Stress 12:05-12:50pm- Total Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm-Yoga 12:15-1:15pm - Running Club	12:05-12:50 MindBodyU 3 - 3:50pm-Tai Chi
22	23	24	25	26
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:15-1pm - FitNERD 5:15pm-Running for Beginners	12-1pm-Yoga for Stress 12:05-12:50pm- Total Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Cancelled	10:05-10:50am - Yoga 11:30-1pm - Group Acupuncture 12:15-1:15pm - Running Club 3:30-5pm - Better Breathers 5:30-7:30pm - Real Food Class	12:05-12:50 MindBodyU 3 - 3:50pm- Cancelled
29	30	1	2	3
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:15-1pm - FitNERD 5:15pm-Running for Beginners	12-1pm-Yoga for Stress 12:05-12:50pm- Total Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Cancelled	12:05-12:50pm-Yoga 12:15-1:15pm - Running Club 5:30-7:30pm - Real Food Class	12:05-12:50 MindBodyU 3 - 3:50pm-Tai Chi



Class Descriptions

Better Breathers Club: Designed by the American Lung Association, this is a FREE 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!

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.

FitNERD: All levels welcome in this cardio and body building fitness express class. The class is a combination of exercises like High Intensity Interval Training (HIIT), weight lifting, pilates, quick Tabata's and more! Face the rest of your day feeling confident, strong and powerful!

Freedom from Smoking (Registration Required): This 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): Is 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.**

MindBodyU: Pop in on your lunch break to cultivate body and mind into strength, clarity and enjoyment! Introducing barre, yoga, pilates and cardio all in one! Please join us- all levels invited!

Real Food (Registration Required): This is a 5-week program that will teach you to reduce packaged/processed foods and sugar, plan meals, shop and cook using whole, natural ingredients, read labels and decipher ingredient lists. **Cost is \$35 for 5 weeks.**

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.

****New** Running for Beginners:** to learn to enjoy jogging, but not sure where to start? Join us as we go through a basic plan that starts with a combination of walking and jogging, and builds up to running 3.1 miles (5k) in 9 weeks.

Tai Chi: This is a combination of evidenced-based classes through the Centers for Disease Control and Prevention. It has shown to increase balance, decrease the risk of falling and the fear of falling, and increase 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.

**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.*