

August 2019

Multi-Purpose Room/Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
12:05-12:50pm - Resistance to the Core	12:10-12:50pm - FitNERD 4-4:45pm - Restorative Yoga	12:10-12:50pm - Barre/ Beginner Yoga 1:30-2:15 - Chair Yoga	12:05-12:50pm - Yoga 3 - 3:50pm - Iyengar Yoga 4pm - Running Club	
5	6	7	8	9
12:05-12:50pm - Resistance to the Core	12:10-12:50 pm - FitNERD 4-4:45pm - Cancelled	12:10-12:50pm - Barre/ Beginner Yoga 1:30-2:15 - Chair Yoga	12:05-12:50pm - Yoga 3 - 3:50pm - Iyengar Yoga 4pm - Running Club 5-6:30 - Group Acupuncture	
12	13	14	15	16
12:05-12:50pm - Resistance to the Core	12:10-12:50pm - FitNERD 3-3:45pm - Wellness Champions Mtg. 4-4:45pm - Restorative Yoga	12:10-12:50pm - Barre/ Beginner Yoga 1:30-2:15 - Chair Yoga	12:05-12:50pm - Yoga 3 - 3:50pm - Iyengar Yoga 4pm - Running Club	
19	20	21	22	23
12:05-12:50pm - Resistance to the Core 3 - 3:50pm- Iyengar Yoga	12:10-12:50pm - FitNERD 4-4:45pm - Restorative Yoga	12:00-1pm - Health Talk - Janet Owens, Master Gardener 1:30-2:15 - Chair Yoga	11:30-1pm - Group Acupuncture 3:30-5pm - Better Breathers 4pm - Running Club	
26	27	28	29	30
12:05-12:50pm - Resistance to the Core	12:10-12:50pm - FitNERD 4-4:45pm - Restorative Yoga	12:10-12:50pm - Barre/ Beginner Yoga 1:30-2:15 - Chair Yoga	12:05-12:50pm - Yoga 3 - 3:50pm - Iyengar Yoga 4pm - Running Club	12-1pm - Yoga at Conwell Park



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!

Barre*: This class is low impact repetitive sculpting workout for those looking to work on balance and muscle tone

Iyengar Yoga*: This class is great for people with injuries who need to work slowly and methodically in their practice. With strong focus on alignment, detail and breathing while performing a variety of postures.

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!

Group Acupuncture (Registration Required)*: Provides a more affordable & expedited acupuncture treatment option 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.**

Lunch and Learn - Health Talk - Janet Owens, Master Gardener & Make it Take it Ranch Seasoning Pakets: Janet will do a presentation on "Extending Your Garden Season". Everyone is welcome. PLUS – Each attender can make & take their own Ranch Dressing Seasoning Packet.

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 all fitness levels.

Running Club: This accountability focused running club is open for runners or walkers of any level. This group time is Independently driven by each participant, with instructors providing encouragement and resources.

Restorative Yoga*: Deep stretching, calming yoga. All Levels welcome!

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.*