

December 2019

Multi-Purpose Room/Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	9-10am - CP Rehab 12:10-12:50pm - FitNERD 1-1:45pm - Barre 2-3pm - CP Rehab	1:30-2:15pm - Chair Yoga	9-10am - CP Rehab 12:05-12:50pm - Yoga 2-3pm - CP Rehab 4pm - Running Club	
9	10	11	12	13
	9-10am - CP Rehab 12:10-12:50pm - FitNERD 1-1:45pm - Barre 2-3pm - CP Rehab	12:05 - 12:30pm - WOD 12:30-1pm - Mid-week Re-balance 1:30-2:15pm - Chair Yoga	9-10am - CP Rehab 12:05-12:50pm - Yoga 1-1:45pm - Barre 2-3pm - CP Rehab 4pm - Running Club 5-6:30pm - Group Acupuncture	
16	17	18	19	20
	9-10am - CP Rehab 12:10-12:50pm - FitNERD 1-1:45pm - Barre 2-3pm - CP Rehab 3-3:45pm - Wellness Champions	12:15-1pm - Self Care Lunch and Learn	9-10am - CP Rehab 11:30-1pm - Group Acupuncture 1-1:45pm - Barre 2-3pm - CP Rehab 4pm - Running Club	
23	24	25	26	27
			9-10am - CP Rehab 2-3pm - CP Rehab	
30			9-10am - CP Rehab 12:05-12:50pm - Yoga 2-3pm - CP Rehab	



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

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!

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.**

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.** For each class you attend, you will receive \$10 back at the end of the 6-week session!

Lunch and Learn: Self Care Lunch and Learn: meditation and self-care through the holidays.

Mid-week Re-balance*: Come as you are, show up when you can! This is an open class and drop-ins are welcome. Stay for the full 30 minutes or leave after 5 minutes. This low key, grounding Restorative yoga and/or meditation focus is open for 30 minutes. Re-balance all of the craziness life has been throwing at you in a welcoming environment to re-shift your energy, your mind, your body and leave feeling refreshed.

Real Food (Registration Required)^: This is a 4-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 \$55 for 4 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 & will be provided. 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.

WOD = Work Out of the Day: A simple, circuit style routine with military exercises and gym equipment. Come for a quick, mid-high intensity workout in the Fitness Studio and then shift your energy to a relaxing state in the midweek re-balance in the Multi-purpose room.

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.

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

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