

# January 2019

## Multi-Purpose Room Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		12-1pm-Yoga Therapy 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm - Yoga	
7	8	9	10	11
		12-1pm-Yoga Therapy 1:30-2:30 - Chair Yoga	12:05-12:50pm-Yoga  5-6:30 - Group Acupuncture	3 - 3:50pm-Tai Chi
14	15	16	17	18
3 - 3:50pm-Tai Chi	7-7:50am - Chair Tai Chi	12-1pm-Yoga Therapy 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm-Yoga	3 - 3:50pm-Tai Chi
21	22	23	24	25
12:05-12:50pm - Resistance to the Core  3 - 3:50pm-Tai Chi	7-7:50am - Chair Tai Chi 12:05-12:50pm-Lower-Body Resistance 4:30-6pm-Circuit Class (Gym)	12-1pm-Yoga Therapy 12:05-12:50pm-Upper Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	11:30-1pm - Group Acupuncture	3 - 3:50pm-Tai Chi
28	29	30	31	
12:05-12:50pm - Resistance to the Core  3 - 3:50pm-Tai Chi	7-7:50am - Chair Tai Chi 12:05-12:50pm-Lower-Body Resistance 4:30-6pm-Circuit Class (Gym)	12-1pm-Yoga Therapy 12:05-12:50pm-Upper Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm - Yoga	3 - 3:50pm-Tai Chi

# February

## Multi-Purpose Room Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				3 - 3:50pm-Tai Chi
4	5	6	7	8
3 - 3:50pm-Tai Chi		12-1pm-Yoga Therapy 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm-Yoga  5-6:30 - Group Acupuncture	3 - 3:50pm-Tai Chi
11	12	13	14	15
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:05-12:50pm-Lower-Body Resistance	12-1pm-Yoga Therapy 12:05-12:50pm-Upper Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm-Yoga	3 - 3:50pm-Tai Chi
18	19	20	21	22
	12:05-12:35pm FitNERD	12-1pm-Yoga Therapy 12:05-12:50pm-Upper Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	12:05-12:50pm - Yoga	12:05-12:50 MindBodyU 3 - 3:50pm-Tai Chi
25	26	27	28	
12:05-12:50pm - Resistance to the Core 3 - 3:50pm-Tai Chi	12:05-12:35pm FitNERD	12-1pm-Yoga Therapy 12:05-12:50pm-Upper Body Resistance (Gym) 1:30-2:30 - Chair Yoga 5:10-6pm - Tai Chi	11:30-1pm - Group Acupuncture  3:30-5pm - Better Breathers	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.

**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.

**NEW! 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.**

**NEW! MindBodyU:** Looking for sanity in this hectic world? Pop in on your lunch break for a quick mental release by melting in deep stretches to help reduce stress, to center your mind, to stretch into possibilities and to regain focus for a better day! All levels encouraged to join!

**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:** 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.

**Upper & Lower Body Resistance:** 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.*