

# November 2018

## Multi-Purpose Room Schedule

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                       |
|---|--|---|---|------------------------------|
|   |  |   | 1   | 2                            |
|   |  |   | 7-7:50am - <b>Cardio Support</b> (Gym)<br>12:05-12:50pm - <b>Yoga</b>                             | 12:05-12:55 - <b>Tai Chi</b> |
| 5   | 6  | 7   | 8   | 9                            |
| 12:05-12:50pm - <b>Resistance to the Core</b><br>3 - 3:50pm-Tai Chi | 7-7:50am - <b>Chair Tai Chi</b><br>12:05-12:50pm-LowerBody <b>Resistance</b><br>4:30-6pm- <b>Circuit Class</b> (Gym) | 12:05-12:50pm- <b>Upper Body Resistance</b> (Gym)<br>12-1pm-Yoga Therapy for <b>Holiday de-stress</b><br>1:30-2:30 - <b>Chair Yoga</b>                                | 7-7:50am - <b>Cardio Support</b> (Gym)<br>12:05-12:50pm-Yoga<br>5-6:30 - <b>Group Acupuncture</b> | 12:05-12:55 - <b>Tai Chi</b> |
| 12  | 13   | 14  | 15  | 16                           |
| 12:05-12:50pm - <b>Resistance to the Core</b><br>3 - 3:50pm-Tai Chi | 7-7:50am - <b>Chair Tai Chi</b><br>12:05-12:50pm- <b>Total Body</b><br>4:30-6pm - <b>Circuit Class</b> (Gym)         | 12:05-12:50pm- <b>Upper Body Resistance</b> (Gym)<br>12-1pm-Yoga Therapy for <b>Holiday de-stress</b><br>1:30-2:30 - <b>Chair Yoga</b><br>5:10-6pm - <b>Tai Chi</b>   | 7-7:50am - <b>Cardio Support</b> (Gym)<br>12:05-12:50pm - <b>Yoga</b>                             | 12:05-12:55 - <b>Tai Chi</b> |
| 19  | 20   | 21  | 22  | 23                           |
| 12:05-12:50pm - <b>Resistance to the Core</b><br>3 - 3:50pm-Tai Chi | 7-7:50am - <b>Chair Tai Chi</b><br>12:05-12:50pm - <b>Total Body</b><br>4:30-6pm - <b>Circuit Class</b> (Gym)        |   |   |                              |
| 26  | 27   | 28  | 29  | 30                           |
| 12:05-12:50pm - <b>Resistance to the Core</b><br>3 - 3:50pm-Tai Chi | 7-7:50am - <b>Chair Tai Chi</b><br>12:05-12:50pm- <b>Total Body</b><br>4:30-6pm - <b>Circuit Class</b> (Gym)         | 12:05-12:50pm- <b>Upper Body Resistance</b> (Gym)<br>12-1pm - <b>Yoga Therapy for Holiday de-stress</b><br>1:30-2:30 - <b>Chair Yoga</b><br>5:10-6pm - <b>Tai Chi</b> | 7-7:50am - <b>Cardio Support</b> (Gym)<br>11:30-1pm - <b>Group Acupuncture</b>                    | 12:05-12:55 - <b>Tai Chi</b> |



**NERD Health**  
and Wellness Center  
Wyoming Medical Center

## 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 or Tai Chi:** 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.

**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.**

**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.

**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.*