

BRIGGS WELLNESS CENTER

GROUP FITNESS SCHEDULE JUNE 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Group Cycle 5:30-6:25 a.m. Valerie- Rm 2 | BODYPUMP 5:30-6:25 a.m. Jennifer- Rm 3 | Group Cycle 5:30-6:25 a.m. Valerie- Rm 2 | POWER 5:30-6:25 a.m. Karen- Rm 3 | Group Cycle 5:30-6:25 a.m. Valerie- Rm 2 | Group Cycle 8-8:55 a.m. Valerie/Lynn- Rm 2 | Group Cycle 9-9:55 a.m. Ryan- Rm 2 |
| Group Cycle 7-7:55 a.m. Valerie- Rm 2 | Functional Mvmt 7:45-8:40 a.m. Jamie-Rm 1 | Group Cycle 7-7:55 a.m. Valerie- Rm 2 | Functional Mvmt 7:45-8:40 a.m. Jamie-Rm 1 | Group Cycle 7-7:55 a.m. Lyne- Rm 2 | BLAST 7:50-8:45 a.m. Karen- Rm 3 | Meditation 9:00-9:55 a.m. Yvette- Rm 1 |
| Pilates 8-8:55 a.m. Liz-Rm 3 | Interval <u>8:30-9:25 a.m.</u> <u>Angela- Rm 3</u> | Pilates 8-8:55 a.m. Liz- Rm 3 | Interval <u>8:30-9:25 a.m.</u> <u>Angela- Rm 3</u> | Pilates 8-8:55 a.m. Liz- Rm 3 | Multilevel Yoga 8:30-9:25 a.m. Elizabeth- Rm 1 | BLAST 9-9:55 a.m. Danielle- Rm 3 |
| Zumba 9:30-10:25 a.m. Maria- Rm 3 | Pilates 8:30-9:15 a.m. Liz- Rm 4 | Balance 9-9:30 a.m. Liz-Rm 1 | Pilates 8:30-9:15 a.m. Liz- Rm 4 | Barre Fusion 8:30-9:15 a.m. Maria- Rm 1 | POWER 9-9:55 a.m. Instr. varies- Rm 3 | Group Cycle 10:15-11:10 a.m. Ryan- Rm 2 |
| Balance 9-9:30 a.m. Liz- Rm 1 | Low & Tone 9-9:55 a.m. Jamie- Rm 1 | Group Cycle 9:30-10:25 a.m. Dianne -Rm 2 | Low & Tone 9-9:55 a.m. Jamie- Rm 1 | Group Cycle 9-9:55 a.m. Lori- Rm 2 | Group Cycle 9:30-10:25 a.m. Rose- Rm 2 | Vinyasa Flow Yoga 10:30-11:45 a.m. Haley- Rm 3 |
| Group Cycle 9-9:55 a.m. Jennifer- Rm 2 | Pilates 9:30-10:15 a.m. Liz- Rm 4 | PACE 9:45-10:40 a.m. Liz-Rm 1 | Pilates 9:30-10:15 a.m. Liz- Rm 4 | Stretch 9:15-10:00 a.m. Liz- Rm 4 | Cardio Kickboxing 10:20-11:15 a.m. Ro- Rm 3 | |
| PACE 9:45-10:40 a.m. Liz- Rm 1 | Group Cycle 9:30-10:25 a.m. Valerie- Rm 2 | ACTIVE 9:30-10:25 a.m. Lori- Rm 3 | Group Cycle 9:30-10:25 a.m. Rose -Rm 2 | Meditation 9:30-10:25 a.m. Yvette- Rm 1 | Boot Camp 11:30-12:25 p.m. Ro- Rm 1 | |
| Low & Light <u>10:45-11:40 a.m.</u> <u>Liz-Rm 3</u> | POWER 9:45-10:40 a.m. Instr. varies- Rm 3 | Low & Light <u>10:45-11:40 a.m.</u> <u>Liz- Rm 3</u> | BODY PUMP -Rm3 9:45-10:40 a.m. Jennifer | Zumba 9:30-10:25 a.m. Maria- Rm 3 | Multilevel Yoga 11:30-12:25 p.m. Valerie- Rm 3 | |
| Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1 | Boot Camp 10:30-11:15 a.m. Beatrice- Rm 4 | Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1 | Boot Camp 10:30-11:15 a.m. Lynn- Rm 4 | Boot Camp 10:45-11:30 a.m. Lori-Rm 4 | | |
| Group Cycle 12-12:30 p.m. Valerie- Rm 2 | Gentle Yoga 10:30-11:25 a.m. Elizabeth-Rm 1 | Group Cycle 12-12:30 p.m. Valerie- Rm 2 | TAI CHI <u>11-11:45 a.m.</u> <u>Liz- Rm 3</u> | Low & Light <u>10:45-11:40 a.m.</u> <u>Liz- Rm 3</u> | | |
| ACTIVE 12-12:55 p.m. Beatrice - Rm 3 | TAI CHI <u>11-11:45 a.m.</u> <u>Liz-Rm 3</u> | ACTIVE 12-12:55 p.m. Lori- Rm 3 | Chair Yoga 11:45-12:40 p.m. Valerie- Rm 1 | Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1 | | |
| Pilates* *6/7 & 6/14 only 12:15-1:10 p.m. Kathy- Rm 1 | Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1 | Gentle Yoga <u>12:15-1:10 p.m.</u> <u>Wendy- Rm 1</u> | Total Body Toning 12-12:50 p.m. Ro-Rm 3 | Pilates <u>12:15-1:10 p.m.</u> <u>Wendy- Rm 3</u> | | |
| Gentle Yoga 1:15-2:10 p.m. Elizabeth-Rm 3 | POWER 12-12:55 p.m. Lori-Rm 3 | Foam Rolling 1:15-2:10 p.m. Wendy- Rm 3 | CORE 5:00-5:25 p.m. Karen-Rm 3 | Group Cycle 12-12:30 p.m. Valerie- Rm 2 | | |
| BLAST 4:30-5:25 p.m. Karen- Rm 3 | BODY FLOW 1:15-2:10 p.m. Lori-Rm 3 | Group Cycle 5:30-6:25 p.m. Ryan- Rm 2 | ACTIVE 5:30-6:25 p.m. Karen- Rm 3 | Foam Rolling <u>1:15-2:10 p.m.</u> <u>Wendy- Rm 3</u> | | |
| Group Cycle 5:30-6:25 p.m. Ryan- Rm 2 | Group Cycle 5:30-6:25 p.m. Dianne- Rm 2 | | Group Cycle 5:30-6:25 p.m. Dianne- Rm 2 | | | |
| Multilevel Yoga 6-6:55 p.m. Valerie- Rm 3 | ACTIVE 4:30-5:25 p.m. Karen- Rm 3 | | | | | |
| | Meditation 6-6:55 p.m. Yvette- Rm 1 | | | | | |

RED: CARDIO
BLUE: STRENGTH
GREEN: MIND/BODY
YELLOW: CYCLE

:MOSSA Licensed
 :Les Mills Licensed

-Virtual Classes offered.
Click on underlined class link for registration on www.nchmd.org/wellness
Sign up 3 days - 1 hr before class.
Must be Active Wellness member.
[Link: FAQ to virtual classes.](#)

****Classes subject to changes and cancellations.****
Text NCHWellness to 77222 to receive class cancellation alerts via text message.

For additional information, please call (239) 624-2750 or e-mail Jennifer.Ray@nchmd.org
Visit us at: www.nchmd.org/wellness
Like us on

NCH
Healthcare System
Wellness & Fitness Centers

Dr. John N. Briggs Wellness Center

aquatic fitness schedule JUNE 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|---------------------------------|
| Open/Lap Swim 5:00-7:00 a.m. | Open/Lap Swim 5:00-11:20 a.m. | Open/Lap Swim 5:00-9:20 a.m. | Open/Lap Swim 5:00-10:20 a.m. | Open/Lap Swim 5:00-7:00 a.m. | Open/Lap Swim 6:30-9:20 a.m. | Open/Lap Swim 8:00-2:30 p.m. |
| Open/Lap Swim 7:00-8:00 a.m. (Only 3 lap lanes available for use) | | | | Open/Lap Swim 7:00-8:00 a.m. (Only 3 lap lanes available for use) | | |
| Open/Lap Swim 8:00-9:20 a.m. | | | | Open/Lap Swim 8:00-9:20 a.m. | Multilevel Water Exercise 9:30-10:20 a.m. Donna | |
| Water Arthritis 9:30-10:20 a.m. Donna | | Water Arthritis 9:30-10:20 a.m. Beatrice | | Water Arthritis 9:30-10:20 a.m. Sandra | Open/Lap Swim 10:30-2:30 p.m. | |
| Multilevel Water Exercise 10:30-11:20 a.m. Donna | *Multilevel Water Exercise 11:30-12:20 p.m. Beatrice | Multilevel Water Exercise 10:30-11:20 a.m. Beatrice | Multilevel Water Exercise 10:30-11:20 a.m. Beatrice | Multilevel Water Exercise 10:30-11:20 a.m. Sandra | | |
| Open/Lap Swim 11:30- 8:30 p.m. | Open/Lap Swim 12:30-8:30 p.m. | Open/Lap Swim 11:30-8:30 p.m. | Open/Lap Swim 11:30-8:30 p.m. | Open/Lap Swim 11:30-7:30 p.m. | | |

RED: CARDIO/STRENGTH

ORANGE: CARDIO

GREEN: SPECIALTY

BLUE: OPEN SWIM

****OPEN/LAP SWIM MAY NOT BE AVAILABLE DURING WATER CLASSES.**

ONE SWIM LANE MAY BE USED FOR SWIM LESSONS DURING OPEN/LAP SWIM.

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| <ul style="list-style-type: none"> Classes are subject to changes and cancellations. The pool is 25 meters long, has 4 lanes, and is heated to 84 degrees. When <u>outside temperature</u> drops below 55 degrees, Water Aerobic and Water Arthritis classes will be cancelled. Cancellations are determined 1 hour before the scheduled class. The pool closes 30 minutes before the facility closes. | <ul style="list-style-type: none"> Please be advised that lanes for open swim may not be available during scheduled class times to provide for social distancing per CDC guidelines. The pool will close due to inclement weather and will remain closed until at least 30 minutes after the most recent lightning strike. At all times, be aware of what is going on within your lane. Also, try not to kick or swing your arms into another lane. |
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Text NCHWellness to 77222
to receive class cancellation alerts
via text message.

For additional information, please call (239) 624-2750 or email Jennifer.Ray@nchmd.org
Visit us at: www.nchmd.org/wellness



Wellness & Fitness Centers

NCH BRIGGS PILATES REFORMER

PILATES REFORMER SCHEDULE JUNE 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|--|--------|
| Beginner 11:00 a.m. Wendy Intermediate 12:30 p.m. Wendy Beginner (June 7th & 14th only) 1:30 p.m. Kathy Intermediate (June 7th & 14th only) 2:30 p.m. Kathy | Advanced 9:00 a.m. Wendy Beginner 10:00 a.m. Wendy Intermediate 1:30 p.m. Wendy *Introductory Class 2:30 p.m. Wendy | Intermediate (June 2nd & 9th only) 7:30 a.m. Kathy Beginner (June 2nd, 9th & 16th only) 8:30 a.m. Kathy/Wendy *Intermediate 9:30 a.m. Wendy (*no class 6/23) | Beginner 9:00 a.m. Wendy Advanced 10:00 a.m. Wendy Intermediate 3:30 p.m. Wendy | Beginner 9:00 a.m. Wendy Intermediate 10:00 a.m. Wendy | *Introductory Class other times by appt. Introductory Class is a prerequisite for anyone new to reformer at NCH Wellness. | |

Socks must be worn during Pilates Reformer Classes.

Please do not wear scented oils or perfume to Pilates Reformer class.



Wellness & Fitness Centers

Member - \$35/Session* or \$130 package of 4 group classes

Non-Member - \$50/Session or \$180 package of 4 group classes

Member Private Sessions- \$80/session or \$280 package of 4 private classes

Non Member Private Session- \$90/session or \$320 package of 4 private classes

Introductory Session- \$35

**For convenience, you may purchase a package of 4 sessions up front*

*Memberships must be active to utilize & purchase pkg sessions at member rate.

For additional information, please call 239-624-2750 or email Jennifer.Ray@nchmd.org

Visit us at: www.nchmd.org/wellness Like us on www.facebook.com/nchwellness

PILATES REFORMER

Pilates Reformer Descriptions

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|---------------------------|--|
| Pilates Reformer | With positive, professional guidance and instruction, you will lengthen and strengthen your body for improved core stability, poised posture, and better overall well-being. The reformer can aid the body on its path to health while you work towards efficient movement patterns, and it can provide resistance to build strong muscles and bones. The Wellness Center offers classes which include use of the Reformer, Chairs and Tower apparatus. |
| Introductory Class | The Pilates reformer introductory class is a pre-requisite for anyone new to reformer at NCH Wellness. The instructor will spend some time getting to know you and to understand your goals. You will be introduced to a sample of various exercises using all available equipment including the reformer – springs, straps, pulleys, and rolling platform. The fundamental building blocks of the exercises will be explained so you feel confident, comfortable and excited about moving to the next level. Please wear socks. |
| Beginner Level | A beginner class that includes specific exercises dependent on the participant's skill level. The focus will be on core stability, pelvic and shoulder girdle stabilization, neutral spinal alignment and breathing. An introductory lesson is required before taking this class. Please wear socks. |
| Intermediate Level | An intermediate class that includes specific exercises dependent on the participant's skill level. The focus will be on core stability, pelvic and shoulder girdle stabilization, neutral spinal alignment and breathing. An introductory lesson is required before taking this class. Please wear socks. |
| Advanced Level | An advanced class that includes specific progressive exercises. A full understanding of the equipment is required before taking this class. The goal of each class is to create optimal musculoskeletal performance and strength, flexibility and endurance. Due to the advanced level of skills required, one of our certified instructors must first clear clients before taking this class. Please wear socks. |



Wellness & Fitness Centers

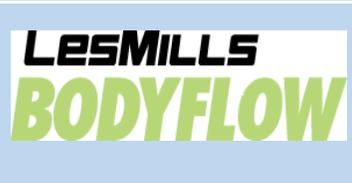
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Aquatic Fitness Descriptions

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|----------------------------------|---|
| Multilevel Water Exercise | A class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge you using more intensity and resistance. |
| Open Swim | This is the time for members to use the pool. This is the time for lap swimming, pool walking, pool running, and individual exercises. **Please share the pool with your fellow swimmers and observe NCH Swim Etiquette** |
| Water Arthritis | A class designed for individuals diagnosed with arthritis. The moves of this class are designed to increase the range of motion of the joints and help ease the pain of those who experience arthritis. For those who live with arthritis or are experiencing other movement limiting or painful physical problems |
| Adaptive Water Exercise | A class designed for those suffering from physically limiting diseases such as Multiple Sclerosis. |

Dr. John N. Briggs Wellness Center

Group Fitness Descriptions

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|  | <p>Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just 55 minutes. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!</p> |
|  | <p>Group Blast® is 55 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!</p> |
|  | <p>Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before.</p> |
|  | <p>Group Power® will blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!</p> |
| <p>Group Cycle</p> | <p>A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!</p> |
| <p>Boot Camp</p> | <p>A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each session.</p> |
| <p>Cardio Kickboxing</p> | <p>Kick and punch it into high gear with this sweaty, high energy and stress relieving workout!</p> |
|  | <p>BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.</p> |
|  | <p>Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.</p> |
| <p>Low & Tone</p> | <p>High intensity, Low Impact Cardio class with resistance training. Options given. All levels welcome.</p> |
| <p>Total Body Fitness</p> | <p>This high-energy class combines resistance and cardiovascular training to deliver a total body workout. For all fitness levels, beginner to advanced!</p> |
|  | <p>A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance their worries away!</p> |
|  | <p>Zumba Gold® recreates the original Zumba® dance fitness program at a lower intensity, introducing easy-to-follow choreography that focuses on balance, range of motion and coordination. This class includes all elements of</p> |
| <p>Functional Movements Class</p> | <p>Movements that involve multiple muscles/joints and incorporate everyday activities. Toning, Light cardio, moderate intensity. All levels welcome. Please bring a mat.</p> |


 This symbolizes the MOSSA brand group fitness system. MOSSA is a program established to provide facilities with a wide variety of consistent workouts! Each class is individually choreographed to exciting, motivational music. MOSSA releases new workout routines for each program several times throughout the year. All classes are tested by certified instructors to ensure exercise safety and success. Workouts are created with the purpose to appeal to the largest audience possible!

Whitaker Wellness Center

Group Fitness Descriptions

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|--|---|
|  | <p>Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just 55 minutes. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic move-</p> |
|  | <p>Group Blast® is 55-minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.</p> |
|  | <p>Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!</p> |
|  | <p>Group Fight™ is a gripping 55 minutes that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! This electric experience is addictive! FIGHT FOR</p> |
|  | <p>Group Power® will blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight; Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!</p> |
|  | <p>Group Ride® is a huge calorie burner that builds great-looking legs! It's a 55-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and</p> |
| <p>Group Cycle</p> | <p>A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!</p> |
| <p>Interval Training</p> | <p>A high intensity interval class that will challenge your aerobic and anaerobic thresholds through a combination of cardiovascular and strength training segments. The change of intervals throughout the class makes for a fun and motivating workout while also</p> |
| <p>Abs & Glutes</p> | <p>The entire core of our body is our physical foundation for everything we do in life. This class focuses on the upper and lower abdominals, oblique and back musculature, and hips and glutes to promote overall health, injury prevention, as well as a “six-</p> |
| <p>Total Body Toning</p> | <p>Use a variety of equipment that will challenge your muscles for a total body workout.</p> |
| <p>Strength Training</p> | <p>A workout with weights and some cardio that will increase your strength and cardio endurance.</p> |
|  | <p>BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.</p> |
|  | <p>Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.</p> |
| <p>Circuit</p> | <p>A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each session.</p> |
|  | <p>A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance their worries away!</p> |


 This symbolizes the MOSSA brand group fitness system. MOSSA is a program established to provide facilities with a wide variety of consistent workouts! Each class is individually choreographed to exciting, motivational music. MOSSA releases new workout routines for each program several times throughout the year. All classes are tested by certified instructors to ensure exercise safety and success. Workouts are created with the purpose to appeal to the largest audience possible!

Dr. John N. Briggs Wellness Center



Specialized Fitness Descriptions

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|------------------------|---|
| Balance | This class is designed for our senior members, as well as those with daily balance issues. Focuses on exercises to improve and assist with balance, stability, flexibility, coordination, and fall prevention. Exercises are done in a chair, standing up, and with a balance bar for support. |
| P.A.C.E. | “Personally Active Challenged Exercise” is specifically designed for individuals with limitations resulting from stroke, MS, Parkinson’s and other diseases. |
| Vinyasa Yoga | Vinyasa Flow will link postures together with the breath through sequencing that supports a well-balanced practice. We will explore sun salutations and the power they bring to the practice by linking standing, balancing, core, backbends, forward folds, and twists together. This class is geared towards students who have a strong foundation of the basic postures and breath awareness. Modifications will be offered to customize the practice for individual needs. Bring your own yoga mat. |
| Meditation | Regular meditation helps restore mental, emotional, and physical health by way of relaxation. It also helps us better handle stress. Join us and experience an effortless form of guided, sleep-based meditation. Bring your own yoga mat. |
| Multilevel Yoga | This class continues to build on foundational yoga postures while linking conscious breath with a mindful flow. This class provides a more advanced yoga practice to incorporate strength and flexibility, but also gives modifications. All levels are welcome to join the class, however, it is helpful to have a basic knowledge of yoga. Please let the instructor know of any prior injuries or surgeries in order to provide you with the appropriate modifications if needed. Bring your own yoga mat. |
| Low & Light | Low Impact Cardio, Upper body weights, Barre and Core. This class was formerly known as Osteo. |
| Chair Yoga | Stretch and strengthen your body while safely improving your balance. Exercises are performed with a chair and the wall is utilized for support. |
| Adaptive Yoga | This yoga class is designed for those with Multiple Sclerosis. |
| Yin Yoga | A slow-paced style of yoga that cultivates awareness of inner stillness by holding postures for longer periods of time (90 sec - 2 min). A more meditative approach to yoga that applies moderate stress to the connective tissue of the body with aim of increasing circulation in the joints and increasing flexibility. Intended as a compliment to more active forms of yoga and suitable for all levels. Bring own yoga mat. |
| Barre Fusion | A fusion of aerobic sculpt, ballet barre, and Pilates that works the entire body. Strengthen, lengthen, and stretch your body from top to bottom while working from the core. Light-weight strength training and fluid movements will help sculpt and create a long and lean physique. |
| TAI CHI | Finding its roots in martial arts, this class guides you through a series of exercises that improves circulation, flexibility and balance. The slow, controlled movements also help to improve muscular strength while relaxing the mind. It is 45-minutes of nurturing calmness. |
| Stretch | This class is designed to help increase your body’s range of motion, improve flexibility and circulation, relieve stress, and relax. Enjoy this 30 minute, low-impact stretching workout suitable for all fitness levels! |
| Yogilates | Yogilates, is a fusion of Yoga and Pilates. You will focus on alignment, breathing, developing a strong core, and improving coordination and balance. Both practices involve attaining specific postures and emphasize correct breathing and meditative mindfulness. Blended together both work to heal your mind and body through improved flexibility, strength, control and endurance in the entire body. |
| Foam Rolling | Stretch, strengthen, and align your body by using the foam roller with Pilates style exercises. Learn how to find your natural foundation to experience less joint pain, more core stability, and better postural alignment. Bring your own foam roller 36” x 6”. |
| Pilates | This class begins with a standing warmup that is followed by a smooth transition of pilates exercises onto the mat. There is an assortment of equipment that is utilized in a variety of positions on the mat. These exercises allow for an effective mind to body awareness. This is a multi-level class with proper modifications for beginner, intermediate, and advanced students. |