

2019 Group Fitness Class Schedule

Class descriptions and more information on location on the back of this sheet.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--|---|--|
| 8:45am-9:30am | Silver Sneaker Classic Suite 100 | | Silver Sneaker Classic Suite 100 | | Silver Sneaker Circuit Suite 100 |
| 10:30am-12:00pm | Tai Chi Suite 100 | | Tai Chi (Beginner) Suite 100 | | Tai Chi Suite 100 |
| 12:15pm-12:45pm | | Core & More Suite 100 | | Core & More Suite 100 | |
| 1:15pm-1:45pm | | | | Meditation Conference Room | |
| 5:15pm-6:00pm | Circuit Training Suite 120 Track | | Circuit Training Suite 120 Track | Line Dancing 8/1-9/19 Suite 120 Track | |
| 5:30pm | Hatha Yoga Suite 100 1 hour | WTMG/GoStrong Suite 120 Track 45 minutes | Hatha Yoga Suite 100 1 hour | | |

Water Aerobics Schedule

Pool is located in Suite 120 of Heart & Lung Building

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------------|----------------|----------------|----------------|----------------|
| 8:45am-9:30am | | Water Aerobics | | Water Aerobics | |
| 10:00am-10:45am | Water Aerobics | | Water Aerobics | | Water Aerobics |
| 10:30am-11:15am | | Water Aerobics | | Water Aerobics | |
| 12:00am-12:45pm | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics |
| 1:30pm-2:15pm | Water Aerobics | | Water Aerobics | | Water Aerobics |
| 6:00pm-6:45pm | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics | Water Aerobics |

Turn the page for more information



Class Descriptions

Circuit Training: Moderate to high intensity classes to increase cardiovascular fitness and muscular strength.

Core & More: Connect to your core in this 30 minute lunch time crunch time class. Moderate to high intensity. *Ability to get up and down for floor work

Line Dancing: This eight week class will teach the most common dance steps along with beginners dances to some of the latest Pop, R&B, Soul & Country music!

Meditation: 30 minutes of a guided meditation to help with mindfulness and relaxation.

Silver Sneaker Classic & Circuit: Low impact, chair based class that uses hand weights, small exercise balls, and resistance bands to increase endurance. *No floor work

Tai Chi: Learn to improve your health with an exercise derived from the ancient Chinese martial arts. This class' gentle movements may improve your physical energy, circulation, flexibility, coordination and balance.

Water Aerobics: 45-minute low-impact class in a heated pool. Swimming is not a requirement and pool lift is available for assistance in entering and exiting the pool. Classes start promptly and doors lock 15 minutes after start time. Please bring your own towel. *You must pre- register for Water Aerobics class at the Wellness Center Front Desk.*

WTMGT/ GoStrong: This class is open to all of our current and former Weight Management and GoStrong participants.

Yoga: Hatha Yoga is a mind-body practice to help increase flexibility and reduce stress through a variety of mat-based poses, stretches and breathing techniques.

Locations

Suite 100 & 120 track located on first floor of **Heart & Lung Building**

Conference Room located in the **Wellness Center**

More information

Must be a Wellness Center Member to attend classes.

Pre-Register for Water Aerobics only.

Wellness Center Front Desk: (912) 819-8800