

2020 Group Fitness Class Schedule

Class Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneaker Classic <i>Suite 100</i> 8:45– 9:30 am		Silver Sneaker Classic <i>Suite 100</i> 8:45– 9:30 am		Silver Sneaker Circuit <i>Suite 100</i> 8:45– 9:30 am	*Warm* Yoga Flow <i>Suite 100</i> 8:00-9:00 am 1/11 - 2/29
Tai Chi <i>Suite 100</i> 10:30– 12:00 pm	Silver Sneaker Classic <i>Suite 100</i> 11:00–11:45 am 1/7-2/25	Tai Chi (Beginner) <i>Suite 100</i> 10:30– 12:00 pm	Silver Sneaker Classic <i>Suite 100</i> 11:00–11:45 am 1/9-2/27	Tai Chi <i>Suite 100</i> 10:30– 12:00 pm	
	Core & More <i>Suite 100</i> 12:15–12:45 pm		Core & More <i>Suite 100</i> 12:15–12:45 pm		
			Meditation <i>Conference Room</i> 1:30-2:00 pm		
Circuit Training <i>Suite 120 Track</i> 5:15– 6:00 pm		Circuit Training <i>Suite 120 Track</i> 5:15– 6:00 pm	Line Dancing <i>Suite 120 Track</i> 5:15– 6:00 pm 1/9-2/27		
Hatha Yoga <i>Suite 100</i> 5:30– 6:30 pm	WTMG/ GoStrong Circuit <i>Suite 120 Track</i> 5:30– 6:00 pm	Hatha Yoga <i>Suite 100</i> 5:30– 6:30 pm			

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

Hatha 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.

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.

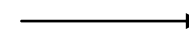
Warm Yoga: Yoga Flow is a style that strings together postures and breath, creating a movement that combines strength and flexibility. All levels are encouraged. Modifications can be given to allow for a more basic or advanced practice. Room is at 78-80 degrees.

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

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

Conference Room located in the **Wellness Center**

Turn the page for Water Aerobics



Water Aerobics Schedule

	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

Pool is located in Suite 120 of Heart & Lung Building

Class Description

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.*

Must be a Wellness Center Member to attend classes.

Pre-Register for Water Aerobics only.

Wellness Center Front Desk: (912) 819-8800