

2021 Group Fitness Class Schedule

Class Descriptions

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|--|--|--|
| 8:45am-9:30am | Silver Sneaker Chair Aerobics <i>Suite 100</i> | | Silver Sneaker Chair Aerobics <i>Suite 100</i> | | Silver Sneaker Chair Aerobics <i>Suite 100</i> |
| 10:30am-12:00pm | Tai Chi <i>Suite 100</i> | | Tai Chi <i>Suite 100</i> | | |
| 11:00am-11:45am | | Silver Sneaker Chair Aerobics <i>Suite 100</i> | | Silver Sneaker Chair Aerobics <i>Suite 100</i> | |
| 4:15pm-5:00pm | | POUND <i>Suite 120 Track</i> | | | |
| 5:15pm-6:00pm | Circuit Training <i>Suite 120 Track</i> | | Circuit Training <i>Suite 120 Track</i> | | |
| 5:30pm-6:30pm | Hatha Yoga <i>Suite100</i> | WTMG/GoStrong Circuit <i>Suite 120 Track</i> 5:30- 6:15 pm | Hatha Yoga <i>Suite100</i> | *WERQ* <i>Suite 120 Track</i> | |

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

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.

POUND: You become the music in an exhilarating full body workout that combines cardio and strength training. Designed for all fitness levels!

Silver Sneaker Chair Aerobics: 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.

WERQ: Cardio Dance workout built on zero judgement and good vibes with athletic moves and steps. All fitness levels welcome!

WTMGT/ 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**

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 | |
| 12:00pm-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 |

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. Classes are either M/W/F or T/TH ***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

Pool is located in Suite 120 of Heart & Lung Building