

Wellness Classes - May & June 2024

Schedule starts Monday May 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	Open Walking 6:00am- 7:30am MPR	Pickleball 6:00-8:00am	Open Walking 6:00am- 7:30am MPR	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:30am Classroom 2	Pickleball Courts 1 & 2 7:30-8:30am	Early Bird Stretch 8:00-8:30am Classroom 2	Pickleball Courts 1 & 2 7:30-8:30am		Pickleball 8:00- 11:30am Courts 1 & 2 during Cardio Drumming
	Pound (Drumming) 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR	New Format! Cardio Class 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR		
9:00am	Yoga 9-9:45am MPR	Gentle Yoga 9:30-10:15 am Classroom 2	New Format! Stretch and Mobility 9-9:45am MPR or 2	Chair Stretch 9:30-10:00am Classroom 2	New Format! Beginner Weightlifting 9:30-10:15am MPR	Cardio Drumming 10:00am With Jana See Jana's Schedule for dates
10:00am						
11:00am	Senior Fitness Strength Training 10:45-11:30am MPR	Beginner Weightlifting 10:30-11:15am MPR	Senior Fitness Cardio Drumming and Balance 10:45-11:30am MPR	Line Dancing 10:00-11:30am MPR	Senior Fitness Strength and More 10:45-11:30am MPR	SCS Closes at noon on Saturdays
12:00pm	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	
1:00pm	Pickleball 1:00-4:00pm		Pickleball 1:00-3:00pm			CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity/ Stretch Class Activity/Sport Rock Steady Boxing - Parkinson's Class Contract Class - Free for SCS Members, \$6 for non-members Ask our Exercise Specialists what class level is best for you!
2:00pm		Open Walking 2:30-3:30pm MPR		Open Walking 2:30-3:30pm MPR		
3:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm		
4:00pm						
5:00pm	Rock Steady Boxing 5:15-6:30pm	Open Walking 5pm-6:45pm MPR	Rock Steady Boxing 5:15-6:30pm	Dance Cardio 5:30pm With Jana		
6:00pm						
Center Closes at 7:00pm						

Please show up to class on time

Class Descriptions and other Announcements on Back!



Wellness Class Descriptions:

Early Bird Stretch

Early Bird Stretch is a class designed to get you up, stretched, and ready for your day! This class may include light balance work and light core work. You may sit, stand, or lay on the floor in this class.

Yoga

Yoga is a class that involves various movements, stretches, and breathing. In this class you may stand, sit on the floor, as well as lay on your back, sides, and be on your hands and knees.

Gentle Yoga

Gentle yoga is a class that involves slow movements, stretching, and breathing. In this class you may sit on the floor/chair, and lay on the floor.

Chair Stretch

This class is a 30 minute chair-based class. This class is great for individuals who may not be able to get on the floor but would still like a good stretch.

Perform various stretches from a seated and standing position using a chair.

Senior Fitness

This is a chair-based fitness class. Instructors take turns teaching a variety of exercises including: strength, balance, cardio, and even drumming! The majority of class is a seated class, however, you may stand for periods of this class but can remain seated if needed.

Open Walking

The multi-purpose room (MPR) will be open specifically for walking laps at these times.

Contractor Classes

Contract Classes are free to members and \$6 for non-members (Open to ages 18+. Must sign a waiver)

Pound (Drumming)

Pound is a class that involves cardio drumming. Drumming works our brain and body connection and is a ton of fun!

Cardio Class

In this class we will switch it up between cardio boxing and cardio drumming! Both of these exercises are great for our bodies and our brains.

Cardio Strength Circuit

Work on both aspects of Cardio and Strength in this circuit class. Instructors take turns working on different styles and methods of strength and cardio exercises and formats.

Beginner Weightlifting

If you would like to learn the beginnings of weightlifting (using body weight, sticks, and light weights) and working on correct form, come join us!

Weightlifting

Join our professional strongman and learn how to perform lifts such as: bench press, squat, deadlift, and more. Gain strength for real-world applications.

Pickleball and Table Tennis

Members are welcome to play Pickleball and Table Tennis during these designated times. If you would like to learn, come to any designated time and learn from your fellow players.

Line Dancing

Line Dancing is a fun way to get moving. Perform choreographed dances to music.

Rock Steady Boxing

"RSB" is a boxing-inspired fitness class specifically designed for those with Parkinson's Disease. If you or a loved one has Parkinson's Disease and would like more information, please see Molly!

Announcements:

- **SCS will be closed May 27th for Memorial Day**
- **Next Recovery Week will be July 1st-5th.** If there are ideas you would like to see implemented during recovery week, let Molly know.
- **SCS will be closed the 4th of July.**

There may be other events that come up that affect classes, sports, and other activities.