

# Wellness Classes - July, August, September 2024

	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 7:30-8:45am			Pickleball 8:00- 11:30am	
	Pound (Drumming) 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR	New Time/Format! Bootcamp 8:45-9:15am MPR					
9:00am	Yoga 9-9:45am MPR	Gentle Yoga 9:30-10:15 am Classroom 2	Chair Stretch 9:30am-10:00am Classroom 2	New Time/Format! Fitness Boxing 9:00-9:45am MPR		New Format! Freemotion Strength Circuit 9:30-10:15am Wellness Center		
10:00am				Stretch & Mobility 30 10:00am-10:30am Classroom 2				
11:00am	Senior Fitness Strength Training 10:45-11:30am 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	SCS Closes at 2:30 on Fridays			
1:00pm	Pickleball 1:00-4:00pm		Pickleball 1:00-3:00pm		<b>CLASS LEGEND</b> Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity/ Stretch Class Activity/Sport Rock Steady Boxing - Parkinson's Class Contractor 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								
4:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm				
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.

### Stretch and Mobility 30

Focus both on stretching our muscles in mobilizing our joints in this 30 minute class. We will stand, sit, and be on the floor in this class.

### 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)

### Line Dancing

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

### 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.

### Pound (Drumming)

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

### Fitness Boxing

In the class you will learn the basics of **non-contact** boxing. Boxing is a great exercise for both the brain and the body. (You may borrow gloves or purchase through Molly)

### 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.

### 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.

### 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!

### 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.

## Announcements:

- **Aquatic Center Shut Down is August 12th through the 24th Aquatic Members are welcome to take Wellness Classes during these weeks.**
- **SCS will be closed for Labor Day Monday, September 2nd.**
- **Next Recovery Week will be September 16th- 20th.** If there are ideas you would like to see implemented during recovery week, let Molly know.
- **There may be other events that come up that affect classes, sports, and other activities.**