# Wellness Classes - July, August, September 2024

6:00am    Pickleball    Open Walking    Pickleball    Open Walking		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch 8:00am  Stretch 9:00-8:30am  Courts 18.2 7:30-8:30am  Stretch 2:00-8:30am  Pickleball Courts 18.2 7:30-8:45am  Pickleball 9:00-9:00am  Pickleball 9:00-9:00am  Pickleball 9:00-9:00am    9:00am  YOga 9:9-45am  Cardio Strength Circuit  New Time/Formati B:30:9:10am MPR  New Time/Formati B:30:9:30am 10:00am  New Time/Formati B:30:9:10am  New Time/Formati B:30:0:11:30am  New Time/Formati B:30:0:11:30am  New Time/Formati B:30:0:11:30am  New Formati Freemotion  New Formati Strength Circuit 9:0:0:11:30am  New Formati Freemotion    10:00am  Senior Fitness Strength Training 10:04:11:30am MPR  Senior Fitness Strength and More NPR  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    11:00am  Pickleball 1:00-3:00pm  New Strength 1:00:3:00pm  New Strength 1:00:3:00pm  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    1:00pm  Pickleball 1:00-3:00pm  Sce RSB Schedule for details  New Strench Class  Sce Res Schedule for details  Sce Res Schedule for details		Pickleball	Open Walking 6:00am- 7:30am	Pickleball	Open Walking 6:00am- 7:30am		Wellness Center
Updating  Circuit  New Time/Formati Bootcamp 3:45-9:15am MPR  New Time/Formati Fitness Boxing 9:00-11:30am  Pickleball 8:00-11:30am    9:00am  9:445-31:5am MPR  Bootcamp 3:43-9:15am MPR  New Time/Formati Fitness Boxing 9:00-9:45am  New Formati Fitness Boxing 9:00-9:45am  New Formati Freemotion    10:00am  9:00-11:30am (lassroom 2)  Stretch & Mobility 30 10:00am-10:30am 10:45-11:30am MPR  New Formati Freemotion  New Formati Freemotion    11:00am  Senior Fitness Strength Training 10:45-11:30am MPR  Senior Fitness Cardio Drumming 10:45-11:30am MPR  Senior Fitness Strength and More 10:45-11:30am MPR  Senior Fitness Strength and More 10:45-11:30am MPR  Senior Fitness Strength and More 10:45-11:30am MPR  SCS Closes at 2:30 on Fridays    12:00pm  Weightlifting 12:00-2:20 See RSB Schedule for details  Weightlifting 12:00-2:20 See RSB Schedule for details  Rock Steady Doen Walking 2:30-3:30pm MPR  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    1:00pm  Pickleball 1:00-4:00pm  Table Tennis 3:30-5:00pm  Table Tennis 3:30-5:00pm  Table Tennis 3:30-5:00pm  Stretch Class Activity/Sport    5:00pm  Rock Steady Boxing 5:15-6:30pm  Open Walking 5:15-6:30pm  Dance Cardio 5:30pm  Cardio S:30pm  Class Fere for SCS Members, 56 for non-members Activity/Sport	8:00am	Stretch 8:00-8:30am Classroom 2 Pound	Courts 1 & 2 <b>7:30-8:30am</b>	Stretch 8:00-8:30am Classroom 2	Courts 1 & 2		
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Stringth Training 11:00am  Stringth Training 10:45-11:30am MPR  Cardio Drumming and Balance 10:45-11:30am MPR  Line Dancing 10:00-11:30am MPR  Stringth Training Strength and More 10:45-11:30am MPR  SCS Closes at noon on Saturdays    12:00pm  Weightlifting 12-12:45pm MPR  Rock Steady Boxing 1:00-3:00pm  Weightlifting 12:00-2:20  Rock Steady Boxing 2:30-3:30pm MPR  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    1:00pm  Pickleball 1:00-4:00pm  Dopen Walking 2:30-3:30pm MPR  Pickleball 1:00-3:00pm  Open Walking 2:30-3:30pm MPR  Strength and More 1:2:00-2:20  Strength and More 10:45-11:30am MPR  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    1:00pm  Pickleball 1:00-4:00pm  Dopen Walking 2:30-3:30pm MPR  Pickleball 1:00-3:00pm  Dopen Walking 2:30-3:30pm MPR  Strength and More 1:2:00-2:20  Strength and More 1:45-11:30am MPR  SCS Closes at 2:30 on Fridays  SCS Closes at 2:30 on Fridays    4:00pm  Table Tennis 3:30-5:00pm  Table Tennis 3:30-5:00pm  Table Tennis 3:30-5:00pm  Stretch Class Activity/Sport  Activity/Sport    5:00pm  Rock Steady Boxing 5:15-6:30pm  Open Walking 5:15-6:30pm  Dance Cardio 5:30pm With Jana  Stort Class - Free for SCS Members, \$6 for non-members Ask our Exercise Specialists what class level is best for you!	10:00am				Mobility 30 10:00am-10:30am	9:30-10:15am	
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6:00pm		Boxing		Boxing		Parkinson's Class	
6:00pm					5:30pm	Members, \$6 for non-me Ask our Exercise Specialis	<sup>r</sup> non-members Specialists what
	6:00pm		Center Closes at 7:00pm				Just for your

Please show up to class on time

**Class Descriptions and other Announcements on Back!** 



# 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.

