

# Wellness Classes - November 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	<b>Pickleball</b> 6:00-8:00 am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-8:00 am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-9:00 am	Wellness Center Opens at 8am
7:00am				<b>Pickleball</b> Courts 1 & 2 7:30-8:45 am		
8:00am	<b>Early Bird Stretch</b> 8:00-8:30 am Classroom 2	<b>Pickleball</b> Courts 1 & 2 7:30-8:30 am	<b>Early Bird Stretch</b> 8:00-8:30 am Classroom 2	<b>Freemotion Circuit</b> 8:00-8:45 am Wellness Center	<b>Chair Stretch</b> 8:30-9:00 am Classroom 2	Pickleball 8:00- 11:30 am 3 courts until 9:45 2 courts until 11:30
	<b>New Format!</b> <b>Instructor's Choice</b> 8:30-9:00 am MPR					
9:00am	<b>New Format!</b> <b>Stretch and Mobility</b> (Yoga-like) 9-9:45am MPR	<b>Isometric Strength/ Gentle Yoga</b> 9:30-10:30 am Classroom 2	<b>Bootcamp</b> 9:00-9:30 am MPR	<b>Boxing Blast</b> 9:00-9:20 am MPR Cardio Class Only!	<b>Core and Balance</b> 9:30-10:15 am MPR	Pickleball 8:00- 11:30 am 3 courts until 9:45 2 courts until 11:30
				<b>Boxing Beatdown</b> 9:25-9:45 am MPR Glove up Class!		
10:00am						
11:00am	<b>Senior Fitness</b> Strength Training 10:45-11:30 am MPR		<b>Senior Fitness</b> Cardio Drumming and Balance 10:45-11:30 am MPR	<b>Line Dancing</b> 10:00-11:30 am MPR	<b>Senior Fitness</b> Strength and More 10:45-11:30 am MPR	SCS Closes at noon on Saturdays
12:00pm	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:20 See RSB Schedule for details	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:20 See RSB Schedule for details	SCS Closes at 2:30 on Fridays	
1:00pm	<b>Pickleball</b> 1:00-4:00pm		<b>Pickleball</b> 1:00-3:00pm			
2:00pm			<b>Open Walking</b> 2:30-3:30pm MPR			
3:00pm						
4:00pm		<b>Table Tennis</b> 3:30-5:00pm		<b>Table Tennis</b> 3:30-5:00pm	<b>CLASS LEGEND</b> <b>Level 3- High intensity</b> <b>Level 2- Medium intensity</b> <b>Level 1- Low intensity/</b> <b>Stretch Class</b> <b>Activity/Sport</b> <b>Rock Steady Boxing -</b> <b>Parkinson's Class</b> <b>Contractor Class - Free for SCS</b> <b>Members, \$6 for non-members</b> <b>Ask our Exercise Specialists what</b> <b>class level is best for you!</b>	
5:00pm	<b>Rock Steady Boxing</b> 5:15-6:30pm	<b>Open Walking</b> 5pm-6:45pm MPR	<b>Rock Steady Boxing</b> 5:15-6:30pm	<b>Cardio Drumming</b> 5:30pm With Jana!		
6:00pm	Center Closes at 7:00pm					

**There will be no classes or activities in the Multipurpose room  
Tuesday November 5th due to elections.**

## Wellness Class Descriptions:

### Early Bird Stretch

This class may include light balance work and light core work. You may sit, stand, or lay on the floor in this class.

### Stretch and Mobility

Stretch and Mobility has yoga-like movements and also focuses on joint mobility. 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.

### Isometric Strength / Gentle Yoga

This 60 minute class is split into two 30 minute sections. 30 minutes of Isometric Strength will work on isometric muscle contraction exercises. Gentle yoga involves slow movements, stretching, and breathing. In this class you may stand, sit on the floor/chair, and lay on the floor.

### Chair Stretch

This class will stretch out your muscles with the use of a chair (standing and sitting).

### 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)

### 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.

### 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.

### 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.

### Freemotion Circuit

Perform a circuit strength class using our freemotion equipment in the Wellness Center. This will hit all major muscle groups and give you a full body strength workout.

### 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.

### Boxing Blast

A burst of cardio involving shadow boxing! Learn the correct techniques and skills involved in boxing to work your brain and body. (No gloves needed)

### Boxing Beatdown

Glove up in this class and learn how to hit the heavy bags, speed bags, double end bags, and more! (Gloves needed)

### Core and Balance

This is a challenging class that focuses on both core strength and balance work.

### Line Dancing

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

## Announcements:

- **There will be no classes or activities in the Multipurpose room Tuesday November 5th due to elections.**
- **Next Recovery Week will be November 25th- Nov 27th.** Wellness members are welcome to take pool classes this week and vice versa!
- **There may be other events that come up that affect classes, sports, and other activities.**