

# Wellness Classes - January & February 2025

|         | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|---------|---|--|--|--|---|---|
| 6:00am  | Pickleball<br>6:00-8:00am   | Open Walking<br>6:00am- 7:30am<br>MPR                                  | Pickleball<br>6:00-8:00am  | Open Walking<br>6:00am- 7:30am<br>MPR                                  | Pickleball<br>6:00-9:00am   | Wellness Center<br>Opens at 8am                                       |
| 7:00am  |   |  |  |  |   |   |
| 8:00am  | Early Bird<br>Stretch<br>8:00-8:30am<br>Classroom 2                   |  | Early Bird<br>Stretch<br>8:00-8:30am<br>Classroom 2                                |  | Chair Stretch<br>8:00-8:30am<br>Classroom 2   | Pickleball<br>8:00- 11:30am   |
|         | Instructor's<br>Choice<br>8:30-9:00am MPR                             | Cardio & Core<br>8:30-9:15am MPR                                       | Cardio<br>Drumming<br>8:30-9:15am MPR  | HIIT & Core<br>8:30-9:15am MPR   | Freemotion<br>Strength Circuit<br>8:30-9:15am<br>Wellness Center  |   |
| 9:00am  | Yoga<br>9:00-9:45am<br>MPR  | Strengthen &<br>Lengthen<br>9:30- 10:15am<br>MPR                       | Instructor's<br>Choice<br>9:30-10:15 MPR   | Strengthen &<br>Lengthen<br>9:30- 10:15am<br>Classroom 2               |   |   |
|         |   |  |  |  |   |   |
| 10:00am | New Time!<br>Senior Fitness<br>Strength Training<br>10:30-11:15am MPR | Stretch &<br>Relaxation<br>10:30- 11:15am<br>Classroom 2               | New Time!<br>Senior Fitness<br>Cardio Drumming<br>and Balance<br>10:30-11:15am MPR | Gentle<br>Yoga<br>10:30-<br>11:15am<br>CR 2                            | Line<br>Dancing<br>10:00-<br>11:30am<br>MPR   | New Time!<br>Senior Fitness<br>Strength and More<br>10:30-11:15am MPR |
| 11:00am |   |  |  |  |   |   |
| 12:00pm | Weightlifting<br>12-12:45pm MPR                                       | Rock Steady<br>Boxing<br>12:00-2:15<br>See RSB Schedule for<br>details | Weightlifting<br>12-12:45pm MPR  | Rock Steady<br>Boxing<br>12:00-2:15<br>See RSB Schedule for<br>details | CLASS LEGEND<br>Level 3- Challenging, High level<br>of mobility. May be on the floor.<br>Level 2- Medium level of<br>mobility<br>Level 1- Basic movement<br>patterns, chair-based class.<br>Activity/Sport<br>Rock Steady Boxing -<br>Parkinson's Class<br>Contractor Class - Free for SCS<br>Members, \$6 for non-members<br>Ask our Exercise Specialists what<br>class level is best for you! | SCS Closes at<br>noon on<br>Saturdays                                 |
| 1:00pm  | Pickleball<br>1:00-3:00pm   |  | Pickleball<br>1:00-3:00pm  |  |   |   |
| 2:00pm  |   | Open Walking<br>2:30-3:30pm MPR  |  | Open Walking<br>2:30-3:30pm MPR  |   | SCS Closes at 2:30<br>on Fridays                                      |
| 3:00pm  | Potential Yoga Class<br>3-4:00pm MPR<br>Start Date TBD                |  | Potential Yoga Class<br>3-4:00pm MPR<br>Start Date TBD                             |  |   |   |
| 4:00pm  |   | Table Tennis<br>3:30-5:00pm  |  | Table Tennis<br>3:30-5:00pm  |   |   |
| 5:00pm  | Rock Steady<br>Boxing<br>5:15-6:30pm                                  | Open Walking<br>5pm-6:45pm MPR   | Rock Steady<br>Boxing<br>5:15-6:30pm   | Cardio<br>Drumming<br>5:30pm<br>With Jana!                             |   |   |
| 6:00pm  |   |  |  |  | Center Closes at 7:00pm   |   |

Please refer to the schedule for class time changes.

The Wellness Class Schedule may be subject to change.

Class format and times may be subject to change due to instructor availability and class size.

Please show up to class on time.



### **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.

### **Chair Stretch**

A chair-based stretch class that may also involve stretching from a standing position

### **Gentle Yoga**

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### **Stretch and Relaxation**

A stretch class that may incorporate tapping, breathing, and other ways to focus on relaxation

### **Strengthen and Lengthen**

A class that involves methods to lengthen and stretch muscles while making them stronger. May include isometric work.

### **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.

### **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.

### **Cardio Drumming**

A fun and creative way to get your daily cardio while working your brain and body as well as pattern and rhythm. This class is a standing class.

### **Cardio and Core**

### **HIIT and Core**

High Intensity Interval Training and Core work.

### **Weightlifting**

High Intensity Interval Training and Core work.

### **Line Dancing**

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

## **Announcements:**