

# Wellness Classes -May & June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:30am Classroom 2		Early Bird Stretch 8:00-8:30am Classroom 2		Morning Mobility 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am
	Strength 30 8:30-9:00am MPR	Cardio & Core 8:30-9:15am MPR	Fitness Boxing 8:30-9:15am MPR	HIIT & Core 8:30-9:15am MPR	Pickleball 6:00-9:00am	
9:00am	Yoga 9:00-9:45am MPR	Strengthen & Lengthen 9:30- 10:15am MPR	Step and More 9:30-10:15 MPR	Strengthen & Lengthen 9:30- 10:15am Classroom 2	New Class! Strength Training Circuit 9:30- 10:15am MPR	
10:00am	Senior Fitness Strength Training 10:30-11:15am MPR	Stretch & Relaxation* 10:30- 11:15am Classroom 2 *Switch to Tai Chi Starting June 10	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Gentle Yoga* 10:30-11:15am CR 2	Line Dancing 10:00-11:30am MPR	Senior Fitness Strength and More 10:30-11:15am MPR
11:00am						
						SCS Closes at noon on Saturdays
12:00pm	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	SCS Closes at 2:30 on Fridays	
1:00pm	Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm		Open Walking 2:30-3:30pm MPR	CLASS LEGEND Level 3- Challenging, High level of mobility. May be on the floor. Level 2- Medium level of mobility Level 1- Basic movement patterns, chair-based 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		Table Tennis 3:30-5:00pm		
3:00pm		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	Cardio Drumming 5:30pm *Refer to Jana's schedule for variability		
6:00pm	Center Closes at 7:00pm					

The Wellness Class Schedule may be subject to change.

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

Please show up to class on time! You may be turned away from class if you are late.



## Descriptions:

### Early Bird Stretch

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

### Morning Mobility

A chair-based class that includes standing and seated mobility work and stretches. (same format Molly has been doing, just a more accurate name)

### Gentle Yoga\*

A yoga class with gentler movements. You may use a chair or be on the floor in this class.

### Stretch and Relaxation\*

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

### Tai Chi\*

Try Tai Chi for arthritis and fall prevention. This low-impact, low-intensity class can improve balance and reduce stress. (\*replaces Gentle Yoga and Stretch & Relaxation starting June 10 through July 31)

### Yoga

A Yoga class may involve standing, sitting, and or laying on the floor. Perform Yoga movements and work on breathing techniques.

### Senior Fitness

This is a chair-based fitness class. Instructors take turns teaching a variety of exercises: Cardio, strength, balance, drumming, and more.

### Open Walking

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

### 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 or Bailey!

### Strengthen and Lengthen

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

### Fitness Boxing

In fitness boxing you will learn the basics of boxing in a **non-contact** class. Participants will hit heavy bags, speed bags, and do basic boxing drills.

### Step and More

A step class that will get your heart rate up! May include additional strength or core work.

### 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.

### Strength 30

30 minutes of strength training exercise.

### HIIT and Core

High Intensity Interval Training and Core strengthening work.

### Strength Training Circuit

Perform weight lifting exercises in a circuit format.

### Line Dancing

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

### 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

### Contractor Classes

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

## Announcements:

- SCS will be closed **Monday May 26** for **Memorial Day**
- The next Recovery week of 2025 will be **June 30th-July 4th**.
  - SCS will be closed **Friday July 4th**
- Class format and length may be modified due to instructor availability.

