

# Wellness Classes - January 2026

	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	Core & Control 8:30-9:15am MPR <small>**Same format, different name**</small>		Cardio Drumming with Tesha 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	Strength Training Circuit (Weightlifting) 9:30- 10:15am MPR	Pickleball 8:00- 11:30am
10:00am	Senior Fitness Strength Training 10:30-11:15am MPR		Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	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 12:00-2:150 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		
2:00pm		Open Walking 2:30-3:30pm MPR		Table Tennis 3:30-5:30pm <small>*4 week lesson session starts Aug 26</small>	Table Tennis 3:30-5:30pm <small>*4 week lesson session starts Aug 26</small>	<b>CLASS LEGEND</b>  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!
3:00pm		Table Tennis 3:30-5:30pm <small>*4 week lesson session starts Aug 26</small>		Sandbell Fitness With Jana *4:30-5:15pm Classroom 2	Sandbell Fitness With Jana *4:30-5:15pm Classroom 2	
4:00pm			Rock Steady Boxing 5:15-6:30pm	Cardio Drumming With Jana *5:30-6:15pm MPR	Cardio Drumming With Jana *5:30-6:15pm MPR	
5:00pm	Rock Steady Boxing 5:15-6:30pm					
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 be respectful to fellow class participants and show up on time to class!



## 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.

### 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!

### Sandbell Fitness

“Sandbells” are dynamic kettlebells - kettlebells filled with sand. They constantly challenge grip strength and core stability. Try this intense workout!

### Strengthen and Lengthen

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

### 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.

### Core & Control

Pilates Inspired. Low impact exercises that focus on strengthening the core, improving posture, flexibility and overall body alignment. Time under tension = get ready to feel the burn!

### Strength Training Circuit

Perform weight lifting exercises in a circuit format.

### Cardio Drumming with Tesha

Move and groove with this high intensity drumming class. This is a standing and moving drum class designed to target cardio, rhythm, and a whole lot of fun!

### 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

## Announcements:

- SCS will close early on **Wednesday Dec 31st at 2:30pm**.
- SCS will be closed on **Thursday Jan 1st for New Years Day**.