

Wellness Classes New Schedule! - Starts Monday March 9th

	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	NEW! Early Bird Stretch 8:00-8:30am Classroom 2	Early Bird Stretch 8:00-8:30am Classroom 2	NEW! Early Bird on the Floor 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	NEW! Slow & Flow 8:30-9:15am CR 2	NEW! Core & Control 8:30-9:15am MPR			
9:00am	Yoga 9:00-9:45am MPR	NEW! Work on the Weak Stuff 9:30- 10:15am MPR	NEW! Cardio Bootcamp 9:30-10:15 MPR	NEW! Work on the Weak Stuff 9:30- 10:15am Classroom 2	Weightlifting 9:30- 10:15am MPR		
	Open Walking 9:45--10:15pm MPR						
10:00am				Line Dancing 10:00- 11:30am MPR			
11:00am	Senior Fitness Cardio and Strength 10:30-11:15am MPR	NEW! Slow & Flow 10:30-11:15am MPR	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	NEW! Slow & Flow 10:30-11:15am CR 2	Senior Fitness Strength and More 10:30-11:15am MPR		SCS Closes at noon on Saturdays
				Line Dancing 10:00- 11:30am MPR			
12:00pm	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15	Pickleball 12:00-2:00pm		
1:00pm	Pickleball 1:00-3:00pm	See RSB Schedule for details	Pickleball 1:00-3:00pm	See RSB Schedule for details			
2:00pm		NEW! Afternoon Stretch 3:00-3:45pm 30 min chair/ 15 min floor Classroom 2	B3 Bands Small Group Training Presentation: Wednesday March 11th at 3pm MPR	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!		
3:00pm	B3 Bands Small Group Training Presentation: Wednesday March 11th at 3pm MPR						
4:00pm	Open Walking 4:00-4:45pm MPR	Table Tennis 3:30-5:30pm	Open Walking 4:00-4:45pm MPR	Table Tennis 3:30-5:30pm			
5:00pm	Rock Steady Boxing 5:15-6:30pm		Rock Steady Boxing 5:15-6:30pm	Sandbell Fitness With Jana *4:30-5:15pm Classroom 2			
				Cardio Drumming With Jana *5:30-6:15pm MPR			
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. Early Bird on the Floor will involve stretching on mats on the floor.

Morning Mobility

A chair-based class that includes standing and seated mobility work and stretches.

Afternoon Stretch

This afternoon stretch class will be seated for the first 30 minutes and on the floor for mat stretching the last 15 minutes. Stay for part of class or the whole thing!

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.

Slow and Flow

This class will feature slow, flowing, and gentle movements incorporating mindfulness and breathing techniques. (Inspired by Tai Chi)

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 PD and would like more information, please see Molly or Bailey!

Work on the Weak Stuff

A class that involves working on our weak areas to improve functionality in our daily life.

Weightlifting

Use traditional weightlifting techniques—such as squats, lunges, bench press, rows, and overhead presses to increase strength. Some movements may be performed laying on the floor.

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!

Cardio Boot Camp (Circuit Style)

Perform cardio exercises in a circuit format. Some exercises may be performed on the floor.

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.

Sandbell Fitness

“Sandbells” are dynamic kettlebells - kettlebells filled with sand. They constantly challenge grip strength

Open Walking

The multi-purpose room (MPR) will be open specifically for walking laps at these times. Additionally, members are able to walk any time there is not pickleball, class, or other activity in the MPR.

Announcements:

- Please bring an extra pair of shoes to change into for exercising in the facility. This will help keep our floor dry and safe.
- Tuesday May 5th is Election Day - The MPR will be closed to all SCS activities including use of the weight equipment and walking this day.
- Our next “Wellness Programming” days will be Thursday May 7th and Friday May 8th. There will be no Wellness or Aquatic Classes these days, but the Wellness and Aquatic Centers will have normal hours for individual exercise.

