

Wellness Classes July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	MPR Closed for Cleaning 6-8am	Pickleball 6:00-8:00am	MPR closed for cleaning day after luncheons 6-8am	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Morning Mobility 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am SCS Closes at noon on Saturdays
9:00am	Cardio 30 8:30-9:00am MPR	Core & Control 8:30-9:15am MPR	Functional Flow 8:30-9:15 MPR	Core & Control 8:30-9:15am MPR	Pickleball 6:00-9:00am	
10:00am	Yoga 9:00-9:45am MPR				Work on the Weak Stuff 9:30- 10:15am MPR	
11:00am	Open Walking 9:45--10:15pm MPR	Tai Chi (Slow & Flow) 10:30-11:15am MPR	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Tai Chi (Slow & Flow) 10:30-11:15am CR 2		
12:00pm	Senior Fitness Cardio and Strength 10:30-11:15am MPR				Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	
1:00pm	Line Dancing 10:00- 11:30am MPR	Weightlifting 12-12:45pm MPR	Pickleball 1:00-3:00pm	Open Walking 2:30-3:30pm MPR		
2:00pm	Line Dancing 10:00- 11:30am MPR				Open Walking 2:30-3:30pm MPR	
3:00pm	Table Tennis 3:30-5:30pm	Rock Steady Boxing 5:15-6:30pm	Rock Steady Boxing 5:15-6:30pm	Rock Steady Boxing 5:15-6:30pm		
4:00pm	Open Walking 4:00-4:45pm MPR				Rock Steady Boxing 5:15-6:30pm	
5:00pm	Open Walking 4:00-4:45pm MPR	Rock Steady Boxing 5:15-6:30pm	Rock Steady Boxing 5:15-6:30pm	Rock Steady Boxing 5:15-6:30pm		
6:00pm	Open Walking 4:00-4:45pm MPR				Rock Steady Boxing 5:15-6:30pm	Rock Steady Boxing 5:15-6:30pm
Center Closes at 7:00pm						

CLASS LEGEND

Level 3- Challenging, High level of mobility. May be on the floor.

Level 2- Medium level of mobility, may involve standing

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!

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.

Yoga

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

Functional Flow

A Yoga-inspired class may involve standing, sitting, and or laying on the floor. Perform flow movements and stretches.

Senior Fitness

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

Tai Chi (Slow and Flow)

This class will feature slow, flowing, and gentle movements incorporating mindfulness and breathing techniques. (Rachel is now certified!)

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!

B3 Training - Small Group Training

Use B3 Bands for Blood Flow Restriction Training. Please see Bailey or Molly if interested!

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.

Cardio 30

30 minutes of cardiovascular 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 Strength HIIT

This class will target cardio exercises and strength building in a High Intensity Interval Training format (HIIT). This class may involve jogging, shuffling, hopping, and being on the floor for core exercises.

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.

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:

- Our next “Wellness Programming” days will be Thursday Sept 3rd and Friday Sept 4th. There will be no Wellness or Aquatic Classes these days, but the Wellness and Aquatic Centers will have normal hours for individual exercise.
- SCS will be closed Monday September 7th.