

Wellness Classes October 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	Early Bird Stretch 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am	
	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
9:00am	Yoga 9:00-9:45am MPR						
	Open Walking 9:45--10:15pm MPR	Line Dancing 10:00- 11:30am MPR					
10:00am	Senior Fitness Cardio and Strength 10:30-11:15am MPR		Tai Chi & Qigong 10:30-11:15am CR2 or MPR	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Tai Chi & Qigong 10:30-11:15am CR 2		Senior Fitness Cardio, Strength and Balance 10:30-11:15am MPR
11:00am				Line Dancing 10:00- 11:30am MPR	Pickleball 12:00-2:00pm		
12:00pm	Weightlifting 11:45-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	Weightlifting 11:45-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	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!		
1:00pm	Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm			Open Walking 2:30-3:30pm MPR	
2:00pm							
3:00pm	B3 Bands Small Group Training MPR	Open Walking 2:30-3:30pm MPR	B3 Bands Small Group Training MPR	Open Walking 2:30-3:30pm MPR			
4:00pm	Open Walking 4:00-4:45pm MPR	Table Tennis 3:30-5:30pm MPR	Open Walking 4:00-4:45pm MPR	Table Tennis 3:30-5:30pm MPR			
		Sandbell Fitness 4:30-5:15pm CR2/MPR No Class Sept 8th*		Sandbell Fitness 4:30-5:15pm CR2/MPR			
5:00pm	Rock Steady Boxing 5:15-6:30pm		Rock Steady Boxing 5:15-6:30pm	Cardio Drumming 5:30-6:15pm MPR			
6:00pm							
	Center Closes at 7:00pm						

The Wellness Class Schedule may be subject to change.

Please be respectful to fellow class participants and show up on time to class!

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

Descriptions on the back!



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.

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 & Qigong (Chi-gong)

This class will feature movements from the ancient martial arts practices of **Tai Chi** and **Qigong**. Perform slow, mindful motions that improve mobility, balance, coordination, and breathwork.

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 - Instructor’s Choice!

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 Kickboxing

Perform kickboxing combos to get your heart rate up. This is **cardio** kickboxing, no gloves or heavy bags will be used in class.

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 and Cardio Drumming

These classes are taught by Jana! Classes are **free for SCS members** and **\$6 for non-members**. Sandbell Fitness uses a dynamic kettlebell for a full body workout. Cardio Drumming uses music and rhythm to get your heart rate up and get you moving!

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:

- See our “Holiday Closures” flier for SCS’s hours during the Holidays!

