




June 2019 Health & Wellness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>See the back of this calendar for descriptions of each class offered. All Programs are subject to change!</p>			<p>Wellness Center Location Pool-P Fitness Room- FR Exercise Room-ER Hahnemann Club-HC Meditation Room-MR</p>	<p>1. 10:30-11:15 Tai Chi & Qigong-FR</p>
2.	<p>3. 9:00-9:45- Fitness Class-HC 10:15-11:00-Fitness Video-FR No Water Fitness Class- Pool is open, Just need a buddy!</p>	<p>4. 9:00-9:45-Water Fitness-P 9:00-9:50-Fit Living with Mark-FR 10:30-12-Circuit Training- ER</p>	<p>5. 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class- FR 1-2 Open Swim-P</p>	<p>6. 9:00-9:45-Water Fitness-P 10:30-12-Circuit Training- ER 1-1:45-Pilates-FR</p>	<p>7. 9-9:50-Walking Tall-Balance & Strength Class-FR 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class-FR 1:00-2:00-Open Swim-P</p>	<p>8. 10:30-11:15 Tai Chi & Qigong-FR</p>
9.	<p>10. 9:00-9:45- Fitness Class-HC 10:15-11:00-Fitness Video-FR No Water Fitness Class- Pool is open, just need a buddy!</p>	<p>11. No Water Fitness 9:00-9:50-Fit Living with Mark-FR 10:30-12-Circuit Training-On your own- ER</p>	<p>12. 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Video- FR No Open Swim-Pool is open, just need a buddy!</p>	<p>13. 9:00-9:45-Water Fitness-P 10:30-12-Circuit Training- ER 1-2-Gentle Chair Yoga-FR</p>	<p>14. 9-9:50-Walking Tall-Balance & Strength Class-FR 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class-FR 1:00-2:00-Open Swim-P</p>	<p>15. 10:30-11:15 Tai Chi & Qigong-FR</p>
16.	<p>17. 9:00-9:45- Fitness Class-HC 10:15-11:00-Fitness Class-FR 12:45-1:30- Water Fitness - P</p>	<p>18. 9:00-9:45-Water Fitness-P 9:00-9:50-Fit Living with Mark-FR 10:30-12-Circuit Training- ER</p>	<p>19. 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class- FR 1-2 Open Swim-P</p>	<p>20. 9:00-9:45-Water Fitness-P 10:30-12-Circuit Training- ER 1-1:45-Pilates-FR</p>	<p>21. 9-9:50-Walking Tall-Balance & Strength Class-FR 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class-FR 1:00-2:00-Open Swim-P</p>	<p>22. 10:30-11:15 Tai Chi & Qigong-FR</p>
23. 30.	<p>24. 9:00-9:45- Fitness Class-HC 10:15-11:00-Fitness Class-FR 12:45-1:30- Water Fitness - P</p>	<p>25. 9:00-9:45-Water Fitness-P 9:00-9:50-Fit Living with Mark-FR 10:30-12-Circuit Training- ER</p>	<p>26. 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class- FR 1-2 Open Swim-P</p>	<p>27. 9:00-9:45-Water Fitness-P 10:30-12-Circuit Training- ER 1-2-Gentle Chair Yoga-FR</p>	<p>28. 9-9:50-Walking Tall-Balance & Strength Class-FR 9:00-9:45- Fitness Class- HC 10:15-11:00-Fitness Class-FR 1:00-2:00-Open Swim-P</p>	<p>29. 10:30-11:15 Tai Chi & Qigong-FR</p>

Wellness Center Class Descriptions

Fitness Class- In this class we use weights, resistance bands and balls, and can be done either standing or seated. The goal of the class is to increase strength and endurance. The class is taught in a whimsical atmosphere with music.

Instructed by: Robin Gallagher

Monday, Wednesday, Friday

9:00-9:45 AM Hahnemann Club

10:15-11:00 AM Fitness Room

Open Swim- Come and take a swim, use the water treadmill, or do some water exercises.

Instructed by- Robin Gallagher

Wednesday & Friday - 1:00-2:00 PM Pool

Tai Chi and Qigong- Each class begins with a standing practice called Evidence-Based Qigong (Dr. Yang's form) to warm up and promote balance and well-being. Then we proceed to a sitting qigong to release toxins and increase energy. The next phase is the movement practice, Grandmaster Chen's Yang style short form tai chi chuan. These methods can be done by anyone regardless of physical skill level, and all can be performed seated.

Instructed by Dr. Kathy Gill

Saturdays 10:30am-11:30am Fitness Room

Circuit Training- This is an open session, come down to the fitness room and go through the exercise machines with the confidence of knowing there is someone there to assist you!

Wellness Coach- Robin Gallagher

Tuesdays & Thursdays 10:30am-12:00pm Fitness Room

"Fit Living with Mark"-In this class, you will experience a variety of physical activities to help you live life to the fullest- Strength, balance, posture and stamina. Come ready to move!

Instructed by Mark Strivings

Tuesdays 9:00-9:50 Am Fitness Room

Gentle Chair Yoga – It is a soothing hour of stretching & strengthening exercises that improve posture and flexibility, restore balance and joint mobility, and deepen our self-awareness through physical movement.

Instructed by: Eva Kane

Thursday June 13th & 27th at 1:00 pm in the Fitness room.

Water Fitness- A fun water workout with a number of different movements aimed at increasing flexibility, strength and cardiovascular fitness.

Monday at 12:45 pm

Tuesday & Thursday 9:00-9:45 AM in the Pool

"Walking Tall" Balance & Strength Class- The aim of the 50 minute class is to improve your strength and balance, and also to help you feel more confident when you are out and about.

The instructor will guide you through some exercises to help increase your stamina and help with your balance on the move. You will then work on exercises to help build your muscle and bone strength.

All of the exercises can be done seated or standing so all abilities can take part. This is an exercise course for those who have had a fall or who feel unsteady on their feet.

Instructed by: Mark Strivings

Fridays 9-9:50 AM in the Fitness Room

Pilates Class-This unique system of body conditioning strengthens and stretches the core muscles. The focus of this class is developing core strength, flexibility, and balance, and relieving stress. The benefits include improved posture, range of motion in the joints, injury prevention, increased flexibility, and building a balanced body.

Instructed by: Therese Bason

Thursday June 6th & 20th from 1-1:45 pm in the Fitness Room.