

# February 2020 Health & Wellness Schedule

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

## 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.

**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.

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

**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!

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

**Pilates Class-**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 February February 13<sup>th</sup> & 27<sup>th</sup> from 1-1:45 pm in the 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 February 6<sup>th</sup> & 20<sup>th</sup> at 1:00 pm in the Fitness room.**

**Laughter Yoga-** Did you know your body benefits from laughing? Laughter yoga uses laughter, silly activities and breathing.

**Facilitated by: Robin Gallagher**

**Special Program – February 4<sup>th</sup> -1:00-1:30pm**

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

**Monday 12:45-1:30 PM**

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

**Walking Tall Balance & Strength Class-** You will be guided through exercises that help both increase your stamina & balance. All of the exercises can be done seated or standing. 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**

**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**

**Aquatic Exercise Class-**Students from Nazareth College Physical Therapy program will offer an aquatic exercise class. Participants will gain strength, endurance, balance and flexibility.

**Instructed by Nazareth College PT Students**

**Friday's from February 1<sup>st</sup>-April 12<sup>th</sup> -12:00-1:00 PM Pool**

**Line Dancing -**Learn the basic line dancing steps & you will soon be doing popular dances. Fun, entertaining, and a great source of exercise. No experience or partner needed. Leather soled shoes are encouraged.

**Instructed by Will Herzog**

**Thursday February 6<sup>th</sup> & 20<sup>th</sup> from 10-11 am in the Fitness Room**

**Stretch, Strength and Balance-**A 45 min class focusing on improving muscle strength, balance and stretching to increase flexibility.

**Instructed by: Mark Strivings**

**Saturdays-10:30-11:15 Am Fitness Room**