# Wellness Land Group Exercise Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| *Chinese Exercise for Health & Healing:*<br>11-11:45 a.m.<br>Allegheny Room, HL<br>*Resident-Led*<br><br>*Chair Yoga:*<br>3-3:55 p.m.<br>Fitness Studio | *Seated Strength & Stretch Class:*<br>9-9:30 a.m.<br>Allegheny Room, HL<br>*Cardiovascular & Strength Class:*<br>9:45– 10:30 a.m.<br>Fitness Studio<br>*Standing Strength, Stretch & Balance Class:*<br>11:15-11:45 a.m.<br>Fitness Studio<br>*Seated Strength & Stretch Class:*<br>1–1:30 p.m.<br>Bethel Room, EC<br>*Choose-to-Lose Weight Loss Meeting:*<br>3:30 p.m.<br>Fitness Studio | *Mat Yoga:*<br>**3:15 pm**<br>Fitness Studio<br>*This class is being taught by a special guest instructor.* | *Standing Strength, Stretch & Balance Class:*<br>11:15-11:45 a.m.<br>Fitness Studio<br>*Seated Strength & Stretch Class:*<br>1-1:30 p.m.<br>Bethel Room, EC | *Seated Strength & Stretch Class:*<br>9-9:30 a.m.<br>Alleghany Room, HL<br>*Cardiovascular & Strength Class:*<br>9:45– 10:30 a.m.<br>Fitness Studio |

**Cardiovascular & Strength Class** * * *
Advanced 45-minute exercise class beginning with standing low impact aerobics followed by seated and/or standing muscle strengthening exercises. Equipment used may include hand weights, bands, mats and balls.

**Standing Strength, Stretch & Balance Class** * * *
30-minute class taught primarily standing. Participants warm-up with 6 minutes of simple aerobic exercise. This class not only strengthens and stretches all of your major muscle groups it also improves balance and functional fitness. Equipment used may include hand weights, bands, weighted bars, mats and balls.

**Seated Strength and Stretch Class** * *
30-minute class taught primarily in a seated position with a short optional standing portion. This class is designed to strengthen and stretch all of your major muscle groups. Equipment used may include hand weights, bands and balls.

**Chair Yoga** *
1-hour class for beginners and advanced participants. This class is designed to increase flexibility, balance and muscular strength by combining traditional yoga postures with a chair for stability. Postures will be taught seated and standing. Everything is optional and modifications will be provided.

**Mat Yoga** * *
1-hour class for beginners and advanced participants. This class is designed to increase flexibility, balance and muscular strength. Traditional yoga poses will be taught on the floor and standing. Modifications will be provided. Handouts and personal instruction regarding how to properly get up from the floor are available.

**Chinese Exercise for Health and Healing** *
45-minute resident led class, a variation of Tai Chi that is taught primarily seated.

*Stars (*) denote intensity level of class. The more stars (*) the more advanced the class.*

# Wellness Pool Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| *Open Swim:*<br>8:30-9:45 a.m.<br>*Total Body Movement:*<br>9:45-10:15 a.m.<br>*Express Aqua Aerobics:*<br>10:30-11 a.m.<br>*Open Swim◆:*<br>1:30-4:15 p.m. | *Open Swim:*<br>8:30-9:45 a.m.<br>*Total Body Movement:*<br>9:45-10:15 a.m.<br>*Open Swim:*<br>10:15-11:15 a.m.<br>*Open Swim◆:*<br>1:30-4:15 p.m. | *Open Swim:*<br>8:30-9:45 a.m.<br>*Total Body Movement:*<br>9:45-10:15 a.m.<br>*Express Aqua Aerobics:*<br>10:30-11 a.m.<br>*Water Volleyball-*<br>2nd Wednesday of each month:<br>1:45-2:30 p.m.<br>*Open Swim◆:*<br>1:30-4:15 p.m. | *Open Swim:*<br>8:30-9:45 a.m.<br>*Total Body Movement:*<br>9:45-10:15 a.m.<br>*Open Swim:*<br>10:15-11:15 a.m.<br>*Open Swim◆:*<br>1:30– 4:15 p.m. | *Open Swim:*<br>8:30-9:45 a.m.<br>*Express Aqua Aerobics:*<br>9:45-10:15 a.m.<br>*Open Swim:*<br>10:15-11:15 a.m.<br>*Open Swim◆:*<br>1:30-4:15 p.m. | *Open Swim:*<br>9-11:30 a.m.<br><br>◆ - Lifeguard available but off deck during Monday through Friday afternoon open swim times. Lifeguard on deck upon request. |

**Open Swim**
Independent time to swim, water walk, utilize aqua joggers, follow instructional exercise booklets or use the spa. Supervised by a lifeguard.

**Total Body Movement Exercise Class**
30-minute aqua class consisting of joint friendly exercises recommended by the Arthritis Foundation. This class guides you to move all of your joints, relax your muscles, increase flexibility and reduce pain.

**Express Aqua Aerobics**
30-minute intermediate/advanced aqua class. This class includes joint friendly cardiovascular activity, muscle-strengthening exercises and stretching for increased flexibility.

**Water Volleyball**
45 minutes of friendly competition. Played with a soft, inflatable beach ball. Come watch or play.

***All Land and Aquatic Group Exercise Classes include exercises that research has proven to improve or maintain balance and brain health.***

Looking to revitalize your workout, set new goals, or learn a new exercise?
The Wellness Staff is always willing and happy to meet with you to help you reach your wellness goals.
Call Wellness (8276) or stop by the Wellness Center to set up your appointment today.

## *Wellness Center's Holiday Schedule*

**Monday, January 1, 2018:**
The Sunnyside Wellness Center will be closed in observance of New Year's Day on Monday, January 1.
The pool will be closed and all exercise classes will be cancelled on those two days.
The exercise room will be open for unsupervised use. Sorry for any inconvenience.

All other days the Wellness Center will be open as regularly scheduled.
Questions? Call Wellness at 8276.

*The Sunnyside Wellness Team wishes you a healthy & happy New Year!*