

SAMPLE WELLNESS CALENDAR



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9 a.m.	Vital Flow	9 a.m.	Vital Flow	9 a.m.	Vital Flow	9 a.m.	Vital Flow	9 a.m.	Vital Flow
9 a.m.	Water Aerobics	11 a.m.	Tai Chi II	3 p.m.	Strength Training	10 a.m.	Yoga	10 a.m.	Meditation
3 p.m.	Strength Training	3 p.m.	Yoga	9 a.m.	Volleyball	11 a.m.	Tai Chi II	3 p.m.	Strength Training

CLASS DESCRIPTIONS

Vital Flow is a mild to moderate level chair exercise class. Class duration is 25 minutes. Vital Flow incorporates all major muscle groups for a gentle range of motion, core strengthening, and flexibility workout. While it is a light cardiovascular workout, the major focus is alignment/posture and core strength. This is a great introductory class.

Strength Training participants work with hand weights and therabands to condition all major muscle groups. There are some standing components that incorporate some balance training. Participants must be able to stand without assistance and feel comfortable working from standing with a chair back for support. As you age, muscle mass weakens at a much faster rate, and this class will help you maintain your strength to keep your independence!

Arthritis Foundation Tai Chi II is a slow, fluid ancient martial art with a focus on breath and weight shifting proven to benefit balance and help with painful joint conditions. *The prerequisite for Tai Chi II is one session of Tai Chi I, which is offered periodically as a 6 week series.*

Meditation — Imagine finding something you could do for 10-15 minutes each morning that reduces stress and gives you a deep sense of calm and peace. According to Archives of Internal Medicine, meditation decreases blood pressure and reduces insulin resistance among patients with coronary heart disease and also improves concentration and reduces inflammation.

Yoga combines a balance of sustained poses with attention to basic alignment and therapeutic principals. Participants must be able to move from chair to floor, and back without assistance, as well as being comfortable with weight bearing exercise on a mat. *Please see Jenny for assessment prior to attempting this class.* Mindfulness, observing breath and body are an integral part of class. Yoga provides a great stretch and strengthens the body.

Walking Groups are a great way to enjoy the social benefits of walking — and can provide the motivation and support we sometimes need to get going and walk a little more! A fun, easy paced, social walk to the river. (Schedule for this varies depending on time of year and participants.)

Personal Training – See Jenny for individual appointments and fitness assessments.

Remember... Many exercises can be modified to suit your comfort/ability level!