



JULY 2024- GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
5:15- Full Body Strength- Connie 8:00- Barre- Bri 9:00- Chair Yoga- Brittany 10:30- PWR4LIFE- Brittany 4:30- HIIT Strength- Addison 5:30-Pumped- Liz 6:30- Yoga- Melissa	5:15-Core Plus- Connie 8:00- Step + Core- Bri 9:00-Silversneakers- Linda 10:00-PWR4LIFE- Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15- Power Circuit- Angela 8:00- Full Body Strength- Carol 9:00-Silversneakers- Angela 10:30-PWR4Life- Bri 4:30- Barre Xpress 30- Bri 5:30- Spin 45- Liz	 WELLCARE CLOSED	5:15- Stretch + Tone- Connie 12:00-Pumped 45- Liz <i>**Please note child care <u>WILL</u> be <u>CLOSED.</u></i>	8:30 Spin 30 Liz 9:00 Pumped 30 Liz
8	9	10	11	12	13
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15	16	17	18	19	20
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22	23	24	25	26	27
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29	30	31			
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			 KELLER WELLCARE		

Class Descriptions

Step + Core- Use an elevated platform to perform choreographed step combinations to increase heart rate and build cardiovascular endurance. Class lasts 50 minutes. (3, 4)

Spin + Strength- Utilize the stationary bike for a low impact cardiovascular workout. The bike will be used for spin efforts and weights used off the bike for muscular strength work. Class duration 50 minutes. (2,3,4)

Spin 30 or 45- 30 or 45 minutes on the bike for all fitness levels with fun music to guide you through intervals of sprints and inclines. This sustained effort will be a great boost for increasing cardiovascular fitness. (2,3,4)

Power Tone- Utilize heavier weights and work every muscle group. End with a full body stretch sure to leave you feeling your best. Class duration 50 minutes. (2,3,4)

Boxercise – You will get a good dose of cardio in this class. Be prepared for boxing inspired moves to get the heart pumping. Class duration 50 minutes. (2,3,4)

Pumped- Strength training utilizing a bar or free weights depending on the instructor and appropriate size weights to challenge your muscular endurance. Medium to heavier range weights. Rhythmic movements to music working specific muscle groups or functional movements. Plates, bar & potentially a step for the platform will be the main equipment. (2,3,4)

HIIT Strength- This class is perfect for a fast paced strength workout focusing on either upper body or lower body. 4 moves 5 rounds with 1 minute rest between rounds ending always ending with 10 minutes of low impact bodyweight hiit. (3,4)

Power Circuit- This class is designed to deliver a power packed well rounded workout. Each class will feature 5 stations. We will hit strength via one station each of upper, lower and combination move. Then we will hit cardio in one station and balance/flexibility to round out the stations. Each class will end with a 5 minute AMRAP to burn out the core. (2,3,4)

Silver Sneakers Classic- Designed to increase muscular strength, range of movement necessary for daily activities. Hand held weights, resistance tubing and balls may be utilized. A chair will be used for seated and standing support. Class duration 45 minutes. (1,2,3)

Silver Strong- This class is a level up from the Silversneakers class in intensity, endurance & standing balance work. Class duration is 45 minutes. (2,3,4)

Core Plus- This class will feature core work as the main attraction with bonus burn on specific areas each week. (2,3,4)

Stretch + Tone- Stretch every muscle group in the body along with firming up

Chair Yoga- Seated breath work and gentle stretching appropriate for all levels. (1-4)

Yoga- Traditional poses and breaths familiar to all yoga lovers. This class is on the floor. (2,3,4)

Balance- As we age our bodies require more intentional time spent on static, dynamic and unilateral balance. This class is beginner friendly but it is not appropriate for those on cane or walker. (1,2,3,4)

Reset + Renew- Monday-Thursday push you to your limits in all areas of fitness. Fridays are dedicated to restoration. This class will begin with a 15 min low impact hiit section to heat the body entirely and then we will move to a stretching/mobility flow to give the body a chance to reset + breathe renewal into tired muscles. Active recovery is as much a part of a healthy lifestyle as the hard workouts. We will spend time on and off the floor. (2,3,4)

Tone + Flow- The best of Pilates, Barre and Yoga collide for full body strength, stretch balance and core. This class will be the perfect low impact high intensity add on to your weekly routine. Challenge yourself to get stronger with this unique format. There will be floor work. The program is designed for standing and floor work however modifications as close to the move as possible will be provided. (2,3,4)

Barre- Muscular endurance workout rooted in everyday functional moves. This is a low impact workout with the burn and shake of a high intensity workout. Light weights, stability balls, resistance bands and body weight will be used to shape and tone. There is a heavy emphasis on posture, core and balance. Sometimes emphasis will be on specific areas such as core, mobility etc. Class duration 50 minutes. (2,3,4)

Line Dance- Enjoy an incredible sweat while smiling your way through simple choreographed line dance routines to various popular music. Class duration 50 minutes. (1,2,3)

Yin Yoga- Allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin yoga also improves flexibility, boosts circulation, and reduces tension which allows for deeper stretch into connective tissue. Appropriate for all levels as long as you are comfortable being on the floor. This class is designed to be more passive than traditional Yoga. This class will last 45 minutes. (2)

PWR 4 Life! Admittance to any level of these classes requires a scheduled evaluation with Parkinson's navigator and a signed medical release from doctor. There will be a \$50.00 assessment fee payable at time of visit. This class is specifically and scientifically designed to aid those living with a neurological diagnosis. Focus is on Parkinson's disease but also appropriate for other limiting conditions as assessed by staff.

Levels of Intensity: (1) Beginner with a chair (2) Beginner (3) Intermediate (4) Advanced