



# Specialized Fitness Schedule Briggs Wellness Center

| TIME    | MONDAY  | TUESDAY  | WEDNESDAY                               | THURSDAY   | FRIDAY                                  | SATURDAY   | SUNDAY                                       |
|---------|---|--|---|--|---|--|--|
| 8:30am  |   |  | 30min. Stretch<br>Liz-Rm 1              |  | 30min. Stretch<br>Liz-Rm 1              | Multilevel Yoga<br>Elizabeth-Rm 1  | <i>Current<br/>Schedule as<br/>of 1/1/15</i> |
| 9:00am  | <br>Susan-Rm 3 |  | Mat Pilates<br>Liz - Rm 3               |  | Mat Pilates<br>Liz - Rm 3               |  |  |
| 9:45am  | <b>PACE</b><br>Susan B-Rm 1<br>(1.25hr)   |  | <b>PACE</b><br>Susan B-Rm 1<br>(1.25hr) |  | <b>PACE</b><br>Susan B-Rm 1<br>(1.25hr) | Multilevel Yoga<br>Elizabeth-Rm 1  |  |
| 10:00am |   | Healthy Back<br>Jill- Rm 1 (0.5 hr)                    |   | Healthy Back<br>Jill- Rm 1 (0.5 hr)                    |   |  | Multilevel Yoga<br>Sandy- Rm 3               |
| 11:00am | <b>Osteo</b><br>Susan B-Rm 3  | TAI CHI<br>Liz- Rm 3 (.75 hr)                          | <b>Osteo</b><br>Susan B-Rm 3            | TAI CHI<br>Liz- Rm 3 (.75 hr)                          | <b>Osteo</b><br>Susan B-Rm 3            | 11:10am<br>Multilevel Yoga<br>Sandy- Rm 3  |  |
| 11:20am | Beginning Yoga<br>Caryn-Rm 1  |  |   |  | Beginning Yoga<br>Caryn-Rm 1            |  |  |
| 11:30am |   | Chair Yoga &<br>Balance<br>Elizabeth-Rm 1              |   | Chair Yoga &<br>Balance<br>Elizabeth-Rm 1              |   |  |  |
| 12:00pm |   |  | Beginning Yoga<br>Evelyn- Rm 1          |  |   | <b>Please sign in at the front desk for Monday/Friday 11:20am &amp; Wednesday 12pm Beginning Yoga. Sign up starts 30 minutes before class.</b>   |  |
| 12:45pm |   | Mat Pilates<br>12:45pm (1/2 hr)<br>Liz- Rm 1           |   |  |   |  |  |
| 1:00pm  | Multilevel Yoga<br>Elizabeth-Rm 3   |  | Multilevel Yoga<br>Elizabeth-Rm 3       |  |   |  |  |
| 2:15pm  | 2:15pm Reserved<br>(MS Yoga 1.25hr)<br>Elizabeth-Rm 1   |  |   |  |   | For more information regarding Group Fitness, please contact<br>Melissa D'Itri at 624-2775 or<br>Melissa.D'itri@nchmd.org<br>Visit us at: <a href="http://www.nchmd.org/wellness">www.nchmd.org/wellness</a> |  |
| 3:30pm  |   | Post-Stroke<br>Therapeutic<br>Exercise<br>Susan B-Rm 1 |   | Post-Stroke<br>Therapeutic<br>Exercise<br>Susan B-Rm 1 |   |  |  |
| 6:30pm  |   | Multilevel Yoga<br>Elizabeth-Rm 1                      | Multilevel Yoga<br>Lauren-Rm 1          |  |   |  |  |

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|---|---|
|  | <p>"Redefine Your Self with Group Centergy. Grow longer, stronger and improve your stamina as you explore this 60-minute journey using yoga and Pilates fundamentals along with dynamic whole body movements. Uplifting music, group dynamics and supportive instructors will enable you to Center Your Energy. Discover Group Centergy!"</p> |
| <p>Chair Yoga &amp; Balance</p>   | <p>A gentle approach to yoga! Stretch and strengthen your body while focusing on balance and breathing to improve overall mind body connection. Exercises are performed with chair and wall for support.</p>  |
| <p>Healthy Back</p>   | <p>For those who have neck and back pain, this class is for you! This 30 minute class teaches you strengthening and stretching techniques to maintain a HEALTHY back.</p>   |
| <p>MULTILEVEL YOGA</p>  | <p>This class is for beginners all the way to advanced. Yoga for everyone!</p>  |
| <p>Osteo</p>  | <p>A class designed to help prevent the effects of osteoporosis by toning and stretching major muscle groups as well as increasing bone density.</p>  |
| <p>P.A.C.E.</p>   | <p>"Personally Active Challenged Exercise" is specifically designed for individuals with limitations resulting from stroke, MS, Parkinson's and other disease. <b><u>Physician's referral is required.</u></b></p>  |
| <p>PILATES</p>  | <p>Build core strength and flexibility through subtle and precise movements</p>   |
| <p>Post-Stroke Therapeutic Exercise</p>   | <p>This program includes voice, facial, and dexterity exercises as well as stretching and strengthening exercises. Gentle movements help to improve joint mobility, balance, coordination, and motor skills. <b><u>Physician's referral is required.</u></b></p>  |
| <p>Tai Chi</p>  | <p>Finding its roots in martial arts, this class guides you through a series of exercises that improves circulation, flexibility and balance. The slow, controlled movements also help to improve muscular strength while relaxing the mind. It is 45 minutes of nurturing calmness.</p>  |
| <p>Yoga Flow</p>  | <p>This class will connect classical yoga postures and awareness of breath &amp; inner focus to create a dynamic and intuitive flow. Some knowledge of postures is recommended.</p>   |

**Mat Pilates 12:45pm (1/2 hr)**

**Liz- Rm 1**