Mind Body Schedule
Whitaker Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA FITNESS Maria 9:00am Rm1	Better Back Heidi 30 min. 9:00am Rm1	Barre Fusion Bobbie Lee 10:00am Rm1 sign up at the desk	Better Back Heidi 30 min. 9:00am Rm1	Pilates Karla 9:00am Rm3	Multilevel Yoga Tania 8:30am Rm1	Multilevel Yoga Rotating instructors 11:30am Rm3
Pilates Liz 10:00am Rm1	Omfused Bobbie Lee 10:30am Rm3	ZUMBA FITNESS Maria 10:30am Rm3	Multilevel Yoga Ashley 10:30am Rm3	Multilevel Yoga Vince 11:30am Rm3	Prenatal Yoga Tania 9:30am Rm4	
Stretch Because Heidi 30 min. 10:30am Rm4	PEP Progressive Exercise for Seniors Bobbie Lee 11:45am Rm1	Stretch Because Heidi 30 min. 10:30am Rm4	PEP Progressive Exercise for Seniors Bobbie Lee 11:45am Rm1	Mommy & Me Amy 11:30am Rm4	Yoga Flow Tania 10:30am Rm1	
Gentle Yoga Ashley 11:30am Rm3		TAI CHI Liz 11:00am Rm1	Barre Fusion Bobbie Lee 3:30 pm Rm1 sign up at the desk	Balance Class 1/2hr format Ryan 12:30pm Rm1	ZUMBA FITNESS Megan 11:30am Rm3	
Balance Class 1/2hr format Ryan 12:30pm Rm1		Gentle Yoga Ashley 11:30am Rm3			Barre Fusion Melaini 11:30am Rm1 sign up at the desk	
		Balance Class 1/2hr format Ryan 12:30pm Rm1				
Gentle Yoga Tania 5:30pm Rm1	Barre Fusion Melani 5:30 pm Rm1 sign up at the desk			Barre Fusion Bobbie Lee 5:30 pm Rm3		NEW 3:30 PM CLASSES Current Schedule as of 09/1/2014
Multilevel Yoga Caryn 6:30pm Rm1	Prenatal Yoga Tania 5:30pm Rm4	Yoga Flow Bobbie Lee 5:30pm Rm1	GROUP CENTERGY Susan 5:30pm Rm1	Gentle Restorative Yoga Lauren 5:45pm Rm4		
ZUMBA FITNESS Tania 6:30pm Rm3					NCH Healthcare System Wellness Center	

For more information go to www.nchmd.org/wellnes or contact Bobbie Lee Davenport at 239-596-9200 ext 122 or bobbielee.davenport@nchmd.org

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TAI Chi **an exercise system rooted in Chinese medicine and martial arts. The precise gentle movements help maintain flexible joints, reduce pain and achieve better balance, coordination and strength.**

Multilevel Yoga & ***yoga flow*** From beginner to advanced yoga for everyone.. A mixture of many different styles of yoga which focuses on flexibility and strength a class designed for uniting the mind, body and soul. **Yoga flow** incorporates a steady flow of postures (rhythmic in nature)

Gentle Yog a A more gentle approach to yoga. Focus on flexibility. Class designed for uniting mind, body, and soul. / **Restorative style gentle yoga on Friday night**, a great way to end a long week!

OMfused Brings new meaning to the total mind and body experience. The OMfused format contains Yoga (Taken from many different disciplines) innovative Tai Chi movements, Free form flowing movements working with your own body rhythms, Martial arts Katas, core strength, (taken from Pilates) and relaxation. (OMFUSED HAS NO BOUNDRIES) it is an experience!

GROUP CENTERGY Redefine yourself with Group Centergy. This is a 60 minute journey of yoga and Pilates movements, uplifting music and group dynamics. It will enable you to center your energy, reduce stress and even smile. Discover Group Centergy

Barre Fusion *a class that sculpts every inch of the body, combining innovative techniques taken from ballet bar work, Pilates and light weight strength training, incorporated with lengthening movements taken from yoga, move through fluid movements with a flow that will lengthen, strengthen and tone all muscle groups while working from the core. The most sought after total body workout barre none!*

Pilates Core strength and flexibility is what this class is touted for. The movements are subtle and precise.

ZUMBA FITNESS An awesome low impact Latin Dance class! ***Come and feel the rhythm!*** & **Hip Hop** get down and get funky a very cool dance class

PEP Progressive Exercise **Program for seniors, uses bands, balls, light free weights and much more! This class is also great** for individuals with limitations resulting from stroke, MS, Parkinson's.

Better Back This **half hour** preventative program emphasizes developing and maintaining a healthy back through progressive exercises. Physician referral may be required.

Stretch Because Stretch because… you need it! This class is designed to increase your range of motion and help you gain flexibility Great for pre or post workouts Fun for Everyone! It's a 30 min. format

Prenatal yoga – a more active rhythmic version of yoga for over all fitness during pregnancy / **Mommy & Me** a class for moms & babies

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