






MIND BODY SCHEDULE - WHITAKER WELLNESS CENTER - CURRENT SCHEDULE AS OF MARCH 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am							
8:30am					 Susan Rm 3	Multilevel Yoga Tania Rm 1	
9:00am							
9:30am	Mat Pilates Liz Rm 1	Better Back Wendy (30min) Rm 1		Better Back wendy (30min) Rm 1		Prenatal Yoga Tania Rm 1	
10:00am			Barre Fusion Bobbie Lee Rm 1 (Must Sign Up)				
10:30am	Stretch Because Liz (30min) Rm 4	 Omfused Bobbie Lee Rm 3	Stretch Because wendy (30min) Rm 4	Multilevel Yoga Ashley Rm 3		Yoga Flow Tania Rm 1	
10:30am		Chair Yoga Wendy Rm 1		Chair Yoga Wendy Rm 1			
11:00am			Tai Chi Liz Rm 1				
11:30am	Gentle Yoga Ashley Rm 3	P.E.P. (For Seniors) Wendy Rm 1	Gentle Yoga Wendy Rm 3	P.E.P. (For Seniors) Wendy Rm 1	Yoga Flow Sandy Rm 3	Barre Fusion Melanie Rm 1 (Must Sign Up)	Multilevel Yoga Sandy Rm 3
12:30pm	Balance Class (30min) Ryan Rm 1		Balance Class (30min) Ryan Rm 1		Balance Class (30min) Ryan Rm 1		
3:30pm				Barre Fusion Melanie Rm 1 (Must Sign Up)			
5:30pm	Gentle Yoga Tania Rm 1	Barre Fusion Melanie Rm 1 (Must Sign Up)	Yoga Flow Bobbie Lee Rm 1	 Susan Rm 1	Barre Fusion Bobbie Lee Rm 3 (Must Sign Up)		
5:30pm		Prenatal Yoga Wendy Rm 4					
5:45pm					Gentle Restorative Yoga Elizabeth Rm 1		
6:30pm	Multilevel Yoga Caryn Rm 1			Zumba classes can be found on our group fitness schedule		For more information regarding Group Fitness, please contact Bobbie Lee Davenport at 239-596-9200 ex:122 or BobbieLee.Davenport@nchmd.org Visit us at: www.nchmd.org/wellness	

 <p>GROUP CENTERGY®</p>	<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>OMFused</p>	<p>Brings new meaning to the total mind and body experience. The OMFused format contains yoga and innovative Tai Chi movements combined with free dance and martial arts Katas, as well as Pilates core training.</p>
<p>Multilevel Yoga and Yoga Flow</p>	<p>This class is for beginners all the way to advanced. Yoga for everyone!</p>
<p>Gentle Yoga</p>	<p>This class is appropriate for anyone seeking the benefits of a very relaxing, gentle, and restorative practice. Deep restorative work improves range of motion, and joint mobility, reduces pain and the effects of stress.</p>
<p>Pre-Natal Yoga</p>	<p>Prepare your mind and body for labor and delivery with a more active and rhythmic version of yoga for overall fitness during pregnancy. This class focuses on stretching and strengthening muscles, relieving stress, as well as proper breathing and relaxation. *Physician's referral is required.</p>
<p>Mat Pilates</p>	<p>Build core strength and flexibility through subtle and precise movements</p>
<p>Better Back</p>	<p>30 min This preventative program emphasizes developing and maintaining a healthy back through the performance of progressive exercises. *Physician's referral may be required.</p>
<p>Stretch Because</p>	<p>30 min Stretch because... you need it! This class is designed to help increase your body's range of motion as well as to gain flexibility. Great for pre and post workouts.</p>
<p>Pep</p>	<p>Progressive Exercise Program for Seniors using bands, balls, light free weights, and more. This class is also great for individuals with limitations resulting from stroke, MS, and Parkinson's.</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>Barre Fusion</p>	<p>A fusion of yoga, ballet barre, and Pilates that works the entire body. Strengthen, lengthen, and stretch your body from top to bottom while working from the core. Light weight strength training and fluid movements will help sculpt and create a long and lean physique.</p>