<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:20 a.m.</td>
<td>5:30-6:20 a.m.</td>
<td>5:30-6:20 a.m.</td>
<td>5:30-6:20 a.m.</td>
<td>5:30-6:20 a.m.</td>
<td>8-8:50 a.m.</td>
<td>8:30-9:20 a.m.</td>
</tr>
<tr>
<td>Valerie – Rm 2</td>
<td>Valerie – Rm 2</td>
<td>Ryan – Rm 2</td>
<td>Karen – Rm 3</td>
<td>Valerie – Rm 2</td>
<td>8-8:50 a.m.</td>
<td>9-9:50 a.m.</td>
</tr>
<tr>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
<tr>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
<td>PILATES (all levels)</td>
</tr>
<tr>
<td>7:30-8:20 a.m.</td>
<td>8:30-8:50 a.m.</td>
<td>8:30-8:50 a.m.</td>
<td>8:30-8:50 a.m.</td>
<td>8:30-8:50 a.m.</td>
<td>8:30-9:45 a.m.</td>
<td>10:10-5:00 a.m.</td>
</tr>
<tr>
<td>Yvette – Rm 1</td>
<td>Liz – Rm 3</td>
<td>Liz – Rm 3</td>
<td>Liz – Rm 3</td>
<td>Liz – Rm 3</td>
<td>Liz – Rm 3</td>
<td>Debra – Rm 3</td>
</tr>
<tr>
<td>Meditation</td>
<td>Total Body Fitness</td>
<td>Balance</td>
<td>Functional Movements</td>
<td>Stretch</td>
<td>8-15:9 a.m.</td>
<td>Debra – Rm 3</td>
</tr>
<tr>
<td>8-8:50 a.m.</td>
<td>9-9:30 a.m.</td>
<td>9-9:45 a.m.</td>
<td>9-9:50 a.m.</td>
<td>9-9:50 a.m.</td>
<td>9-10:50 a.m.</td>
<td>10-11:50 a.m.</td>
</tr>
<tr>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
<td>Liz-Rm 3</td>
</tr>
<tr>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
<td>Zumba</td>
</tr>
<tr>
<td>9-9:50 a.m.</td>
<td>9-10:30 a.m.</td>
<td>10:45-10:35 a.m.</td>
<td>10-10:50 a.m.</td>
<td>10-10:50 a.m.</td>
<td>10-10:50 a.m.</td>
<td>10-11:50 a.m.</td>
</tr>
<tr>
<td>Catherine – Rm 3</td>
<td>Stretch</td>
<td>ACTIVE</td>
<td>Barre Fusion</td>
<td>Boot Camp</td>
<td>Active</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>Balance</td>
<td>10-10:30 a.m.</td>
<td>Chair Yoga</td>
<td>10-10:45 a.m.</td>
<td>Maria – Rm 3</td>
<td>Chair Yoga</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>9-9:30 a.m.</td>
<td>11-11:45 a.m.</td>
<td>11-11:50 a.m.</td>
<td>10:45:15 a.m.</td>
<td>Maria – Rm 3</td>
<td>10-10:50 a.m.</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>Liz – Rm 1</td>
<td>Liz – Rm 3</td>
<td>Pillow P2</td>
<td>12-12:30:15 a.m.</td>
<td>Barre Fusion</td>
<td>Pillow P2</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Boot Camp</td>
<td>Group Cycle</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>BLAST</td>
<td>BLAST</td>
<td>BLAST</td>
<td>BLAST</td>
<td>BLAST</td>
<td>BLAST</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>10-10:50 a.m.</td>
<td>11:45:12:45 p.m.</td>
<td>11:45-12:50 p.m.</td>
<td>1:1-50:12:45 p.m.</td>
<td>1:1-50:12:45 p.m.</td>
<td>1:1-50:12:45 p.m.</td>
<td>1:1-50:12:45 p.m.</td>
</tr>
<tr>
<td>Jennifer – Rm 3</td>
<td>Elizabeth – Rm 1</td>
<td>Low &amp; Light</td>
<td>Low &amp; Light</td>
<td>Low &amp; Light</td>
<td>Low &amp; Light</td>
<td>Low &amp; Light</td>
</tr>
<tr>
<td>Multilevel Yoga</td>
<td>Low &amp; Light</td>
<td>Foam Rolling</td>
<td>Foam Rolling</td>
<td>Foam Rolling</td>
<td>Foam Rolling</td>
<td>Foam Rolling</td>
</tr>
<tr>
<td>11-11:50 a.m.</td>
<td>12-12:30:15 a.m.</td>
<td>12-12:30:15 a.m.</td>
<td>12-12:30:15 a.m.</td>
<td>12-12:30:15 a.m.</td>
<td>12-12:30:15 a.m.</td>
<td>12-12:30:15 a.m.</td>
</tr>
<tr>
<td>Valerie – Rm 1</td>
<td>Elizabeth – Rm 3</td>
<td>Chair Yoga</td>
<td>Chair Yoga</td>
<td>Chair Yoga</td>
<td>Chair Yoga</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
<tr>
<td>12-12:30 p.m.</td>
<td>12-12:50 p.m.</td>
<td>12-12:50 p.m.</td>
<td>12-12:50 p.m.</td>
<td>12-12:50 p.m.</td>
<td>12-12:50 p.m.</td>
<td>12-12:50 p.m.</td>
</tr>
<tr>
<td>Valerie – Rm 2</td>
<td>Valerie – Rm 2</td>
<td>Valerie – Rm 2</td>
<td>Heather – Rm 3</td>
<td>Heather – Rm 3</td>
<td>Heather – Rm 3</td>
<td>Heather – Rm 3</td>
</tr>
<tr>
<td>Multilevel Yoga</td>
<td>Pilates</td>
<td>Pilates</td>
<td>Pilates</td>
<td>Pilates</td>
<td>Pilates</td>
<td>Pilates</td>
</tr>
<tr>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
<td>1-1:50 p.m.</td>
</tr>
<tr>
<td>Elizabeth – Rm 3</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
</tr>
<tr>
<td>Adaptive Yoga</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
<tr>
<td>2:15-3:05 p.m.</td>
<td>5:30-6:20 p.m.</td>
<td>5:30-6:20 p.m.</td>
<td>5:30-6:20 p.m.</td>
<td>5:30-6:20 p.m.</td>
<td>5:30-7:20 p.m.</td>
<td>6:30-7:20 p.m.</td>
</tr>
<tr>
<td>Elizabeth – Rm 1</td>
<td>Daniëlle – Rm 3</td>
<td>Daniëlle – Rm 3</td>
<td>Daniëlle – Rm 3</td>
<td>Daniëlle – Rm 3</td>
<td>Daniëlle – Rm 3</td>
<td>Daniëlle – Rm 3</td>
</tr>
<tr>
<td>Multilevel Yoga</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
<tr>
<td>6-6:50 p.m.</td>
<td>5:30-6:00 p.m.</td>
<td>5:30-6:00 p.m.</td>
<td>5:30-6:00 p.m.</td>
<td>5:30-6:00 p.m.</td>
<td>5:30-6:00 p.m.</td>
<td>5:30-6:00 p.m.</td>
</tr>
<tr>
<td>Valerie – Rm 3</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
<td>Rose – Rm 2</td>
</tr>
<tr>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
</tbody>
</table>

Please bring your own mat to yoga classes and your own foam roller to foam rolling class.

BLUE: Group Fitness Classes
RED: Specialized Fitness Classes

**Classes subject to changes and cancellations.**

For additional information, please call Jennifer.Ray@nchmd.org or visit us at: www.nchmd.org/wellness

Text NCHWellness to 77222 to receive class cancellation alerts via text message.
### Dr. John N. Briggs Wellness Center
**aquatic fitness schedule MARCH 2020**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open/Lap Swim 5:00-9:20 a.m.</td>
<td>Open/Lap Swim 5:00-9:20 a.m.</td>
<td>Open/Lap Swim 5:00-6:50 a.m.</td>
<td>Open/Lap Swim 5:00-9:20 a.m.</td>
<td>Open/Lap Swim 5:00-9:20 a.m.</td>
<td>Open/Lap Swim 6:30-9:20 a.m.</td>
<td>Open/Lap Swim 8:00-2:30 p.m.</td>
</tr>
<tr>
<td><strong>Water Arthritis</strong> 9:30-10:20 a.m. Donna</td>
<td><strong>Adaptive Water Exercise</strong> 9:30-10:20 a.m. Sarah</td>
<td><strong>Multilevel Water Exercise</strong> 7:00-7:50 a.m. Donna</td>
<td><strong>Water Arthritis</strong> 9:30-10:20 a.m. Jen L.</td>
<td><strong>Water Arthritis</strong> 9:30-10:20 a.m. Donna</td>
<td><strong>Multilevel Water Exercise</strong> 10:30-11:20 a.m. Donna</td>
<td><strong>Open/Lap Swim</strong> 10:30-2:30 p.m.</td>
</tr>
<tr>
<td><strong>Multilevel Water Exercise</strong> 10:30-11:20 a.m. Donna</td>
<td><strong>Open/Lap Swim</strong> 11:30-3:50 p.m.</td>
<td><strong>Multilevel Water Exercise</strong> 10:30-11:20 a.m. Beatrice</td>
<td><strong>Multilevel Water Exercise</strong> 10:30-11:20 a.m. Beatrice</td>
<td><strong>Open/Lap Swim</strong> 11:30-7:30 p.m.</td>
<td><strong>Open/Lap Swim</strong> 11:30-8:30 p.m.</td>
<td><strong>Open/Lap Swim</strong> 11:30-8:30 p.m.</td>
</tr>
<tr>
<td><strong>Open/Lap Swim</strong> 11:30-8:30 p.m.</td>
<td><strong>Open/Lap Swim</strong> 5:00-8:30 p.m.</td>
<td><strong>Open/Lap Swim</strong> 11:30 a.m.-8:30 p.m.</td>
<td><strong>Open/Lap Swim</strong> 11:30-8:30 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Classes are subject to changes and cancellations.
- The pool is 25 meters long, has 4 lanes, and is heated to 84 degrees.
- When outside temperature drops below 55 degrees, Water Aerobic and Water Arthritis classes will be cancelled. Cancellations are determined 1 hour before the scheduled class.
- The pool closes 30 minutes before the facility closes.
- Please be advised that lanes for open swim may or may not be available during scheduled class times.
- The pool will close due to inclement weather and will remain closed until at least 30 minutes after the most recent lightning strike.
- At all times, be aware of what is going on within your lane. Also, try not to kick or swing your arms into another lane.

For additional information, please call (239) 624-2750 or email Jennifer.Ray@nchmd.org
Visit us at: www.nchmd.org/wellness

Text NCHWellness to 77222 to receive class cancellation alerts
<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introductory</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>9:00 a.m.</td>
<td>Meghan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>10:00 a.m.</td>
<td>Meghan</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>1:30 p.m.</td>
<td>Wendy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>2:30 p.m.</td>
<td>Wendy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introductory</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>other times by appt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introductory</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Class</td>
<td>is a pre-requisite for anyone new to reformer at NCH Wellness.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Socks must be worn during Pilates Reformer Classes.

Member - $35/Session* or $130 package of 4 group classes
Non-Member - $50/Session or $180 package of 4 group classes
Member Private Sessions - $80/session or $280 package of 4 private classes
Non Member Private Session - $90/session or $320 package of 4 private classes
Introductory Session - $35

*For convenience, you may purchase a package of 4 sessions up front
*Memberships must be active to utilize & purchase pkg sessions at member rate.

For additional information, please call 239-624-2750 or email Jennifer.Ray@nchmd.org
Visit us at: www.nchmd.org/wellness
Like us on www.facebook.com/nchwellness

Wellness>Group Fitness> Schedules>Briggs>New Monthly Group & Specialized>Pilates Reformer Briggs March 2020
TRX Class Schedule
Starting Monday March 2nd, 2020

MON. TRX Extreme 9:30am-10:00am Courtney
      Suspension Training 5:30pm-6:00pm Cooper
TUES. Suspension Training 7:00am-7:30am Ro
      Suspension Training 9:00am-9:30am Ro
      TRX Extreme 5:30pm-6:00pm Courtney
      TRX Extreme 6:00pm-6:30pm Courtney
WED. Suspension Training 5:30pm-6:00pm Cooper
THURS. Suspension Training 7:00am-7:30am Ro
       Suspension Training 9:00am-9:30am Ro
       TRX Express (Beginner) 11:20am-11:50am Heather
       TRX Power Hour 5:30pm-6:30pm Courtney
FRI. TRX Express (Beginner) 10:00am-10:30am Liz
     Suspension Training 5:30pm-6:00pm Cooper
SAT. Suspension Training (Beginner) 10:00am-10:30am Wellness
    Suspension Training 10:30am-11:00am Staff

FREE to NCH Wellness Members!
Class space is limited. Participation is on a first come first serve basis.
Participants are required to receive a reservation tag from the front desk to hand to the instructor before the class. Tags are only given out 1 hour prior to the scheduled class.

TRX EXPRESS: This class is tailored for beginner to intermediate levels, utilizing the TRX Suspension straps. Perfect for first timers that want a constant 30-minute full body workout.
(Max participants: 4)

TRX EXTREME: This class is 30 minutes of continuous strength and cardio moves designed to push your physical limits through powerful high intensity moves using the TRX straps & body weight exercises, kettlebells, med balls, and battle ropes. Intermediate to advanced levels.
(Max participants: 8)

TRX POWER HOUR: If you’re serious about your fitness and athletic performance and eager to see results, this non-stop 60-minute metabolic workout is for you. This workout includes challenging total-body strength circuits using the TRX straps, with a variety of equipment, including med balls, battle ropes, landmines, and dynamic body weight exercises.

Suspension Training: This is a circuit/ bootcamp style class that utilizes the TRX Suspension straps. (Max Participants: 8)

Beginner: (Max Participants: 4)

TRX Guest Passes available for $15 per class & use of the facility
10 Pack TRX Guest Class Pass available for $120 (Shareable & no expiration)
## Aquatic Fitness Descriptions

<table>
<thead>
<tr>
<th>Multilevel Water Exercise</th>
<th>A class with cardio, balance, strengthening, stretching, and abdominal work. This class will challenge you using more intensity and resistance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Swim</td>
<td>This is the time for members to use the pool. This is the time for lap swimming, pool walking, pool running, and individual exercises. <strong>Please share the pool with your fellow swimmers and observe NCH Swim Etiquette</strong></td>
</tr>
<tr>
<td>Aqua Zumba®</td>
<td>Aqua Zumba® is a complete workout that focuses on aerobic and muscle endurance, flexibility, and joint mobility in a low impact environment. Modified for an aquatic environment, Aqua Zumba® blends Latin, international, and national rhythms and dances. It’s exercise that feels like a party – a pool party!</td>
</tr>
<tr>
<td>Water Arthritis</td>
<td>A class designed for individuals diagnosed with arthritis. The moves of this class are designed to increase the range of motion of the joints and help ease the pain of those who experience arthritis. For those who live with arthritis or are experiencing other movement limiting or painful physical problems</td>
</tr>
<tr>
<td>Adaptive Water Exercise</td>
<td>A class designed for those suffering from physically limiting diseases such as Multiple Sclerosis.</td>
</tr>
<tr>
<td><strong>Group Fitness Descriptions</strong></td>
<td></td>
</tr>
<tr>
<td>--------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>MOSSA</strong> Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just 55 minutes. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!</td>
<td></td>
</tr>
<tr>
<td><strong>MOSSA</strong> Group Blast® is 55 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!</td>
<td></td>
</tr>
<tr>
<td><strong>MOSSA</strong> Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before.</td>
<td></td>
</tr>
<tr>
<td><strong>MOSSA</strong> Group Power® will blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!</td>
<td></td>
</tr>
<tr>
<td><strong>MOSSA</strong> R30 is for every cyclist! You can make the most out of a 30 minute ride, whether you are just starting an exercise program or have been racing bikes for years. R30 is only 30 minutes, and the format is easy to follow. Since the bike is completely adjustable, you are in control!</td>
<td></td>
</tr>
<tr>
<td><strong>Group Cycle</strong> A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!</td>
<td></td>
</tr>
<tr>
<td><strong>Boot Camp</strong> A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each session.</td>
<td></td>
</tr>
<tr>
<td><strong>Cardio Kickboxing</strong> Kick and punch it into high gear with this sweaty, high energy and stress relieving workout!</td>
<td></td>
</tr>
<tr>
<td><strong>LesMills BodyPump™</strong> BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more.</td>
<td></td>
</tr>
<tr>
<td><strong>LesMills BodyFlow™</strong> Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm and centered. Happy.</td>
<td></td>
</tr>
<tr>
<td><strong>Low &amp; Tone</strong> High intensity, Low Impact Cardio class with resistance training. Options given. All levels welcome.</td>
<td></td>
</tr>
<tr>
<td><strong>Total Body Fitness</strong> This high-energy class combines resistance and cardiovascular training to deliver a total body workout. For all fitness levels, beginner to advanced!</td>
<td></td>
</tr>
<tr>
<td><strong>ZUMBA® Fitness</strong> A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance their worries away!</td>
<td></td>
</tr>
<tr>
<td><strong>Functional Movements Class</strong> Movements that involve multiple muscles/joints and incorporate everyday activities. Toning, Light cardio, moderate intensity. All levels welcome. Please bring a mat.</td>
<td></td>
</tr>
</tbody>
</table>

This symbolizes the MOSSA brand group fitness system. MOSSA is a program established to provide facilities with a wide variety of consistent workouts! Each class is individually choreographed to exciting, motivational music. MOSSA releases new workout routines for each program several times throughout the year. All classes are tested by certified instructors to ensure exercise safety and success. Workouts are created with the purpose to appeal to the largest audience possible!
## Specialized Fitness Descriptions

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance</td>
<td>This class is designed for our senior members, as well as those with daily balance issues. Focuses on exercises to improve and assist with balance, stability, flexibility, coordination, and fall prevention. Exercises are done in a chair, standing up, and with a balance bar for support.</td>
</tr>
<tr>
<td>P.A.C.E.</td>
<td>“Personally Active Challenged Exercise” is specifically designed for individuals with limitations resulting from stroke, MS, Parkinson’s and other diseases.</td>
</tr>
<tr>
<td>Vinyasa Yoga</td>
<td>Vinyasa Flow will link postures together with the breath through sequencing that supports a well-balanced practice. We will explore sun salutations and the power they bring to the practice by linking standing, balancing, core, backbends, forward folds, and twists together. This class is geared towards students who have a strong foundation of the basic postures and breath awareness. Modifications will be offered to customize the practice for individual needs. Bring your own yoga mat.</td>
</tr>
<tr>
<td>Meditation</td>
<td>Regular meditation helps restore mental, emotional, and physical health by way of relaxation. It also helps us better handle stress. Join us and experience an effortless form of guided, sleep-based meditation. Bring your own yoga mat.</td>
</tr>
<tr>
<td>Multilevel Yoga</td>
<td>This class continues to build on foundational yoga postures while linking conscious breath with a mindful flow. This class provides a more advanced yoga practice to incorporate strength and flexibility, but also gives modifications. All levels are welcome to join the class, however, it is helpful to have a basic knowledge of yoga. Please let the instructor know of any prior injuries or surgeries in order to provide you with the appropriate modifications if needed. Bring your own yoga mat.</td>
</tr>
<tr>
<td>Low &amp; Light</td>
<td>Low Impact Cardio, Upper body weights, Barre and Core. This class was formerly known as Osteo.</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Stretch and strengthen your body while safely improving your balance. Exercises are performed with a chair and the wall is utilized for support.</td>
</tr>
<tr>
<td>Adaptive Yoga</td>
<td>This yoga class is designed for those with Multiple Sclerosis.</td>
</tr>
<tr>
<td>Yin Yoga</td>
<td>A slow-paced style of yoga that cultivates awareness of inner stillness by holding postures for longer periods of time (90 sec - 2 min). A more meditative approach to yoga that applies moderate stress to the connective tissue of the body with aim of increasing circulation in the joints and increasing flexibility. Intended as a compliment to more active forms of yoga and suitable for all levels. Bring own yoga mat.</td>
</tr>
<tr>
<td>Barre Fusion</td>
<td>A fusion of aerobic sculpt, 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.</td>
</tr>
<tr>
<td>TAI CHI</td>
<td>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.</td>
</tr>
<tr>
<td>Stretch</td>
<td>This class is designed to help increase your body’s range of motion, improve flexibility and circulation, relieve stress, and relax. Enjoy this 30 minute, low-impact stretching workout suitable for all fitness levels!</td>
</tr>
<tr>
<td>Zumba Gold® Chair</td>
<td>Zumba Gold® Chair is a seated music and dance class designed for participants with balance or mobility issues or who prefer a seated class. The class uses safe and slow dance progressions to work on overall strength and endurance, flexibility, range of motion, and posture while providing an enjoyable social environment.</td>
</tr>
<tr>
<td>Foam Rolling</td>
<td>Stretch, strengthen, and align your body by using the foam roller with Pilates style exercises. Learn how to find your natural foundation to experience less joint pain, more core stability, and better postural alignment. Bring your own foam roller 36” x 6”.</td>
</tr>
<tr>
<td>Pilates</td>
<td>This class begins with a standing warmup that is followed by a smooth transition of pilates exercises onto the mat. There is an assortment of equipment that is utilized in a variety of positions on the mat. These exercises allow for an effective mind to body awareness. This is a multi-level class with proper modifications for beginner, intermediate, and advanced students.</td>
</tr>
</tbody>
</table>