

RW-C Group Exercise Schedule

Monday

9:00-9:40 Strength & Balance C
10:00-10:50 Strength & Balance D
11:00-11:50 Fit to Move
1:30 -2:00 Strength & Balance B
2:30-3:15 Pool Water Walking
3:00- 3:30 WC Moving & Grooving

Tuesday

10:00-10:45 Pool Aqua Aerobic Fitness

10:45-11:30 Chair Yoga

11:30-12:00 Small House Moving & Grooving

1:30-2:15 Tai Chi

Wednesday

9:00-9:40 Strength & Balance C
10:00-10:50 Strength & Balance D
11:00-11:50 Fit to Move
1:30 -2:00 Strength & Balance B
2:30-3:15 Pool Water Walking
3:00- 3:30 WC Moving & Grooving

Thursday

10:00-10:45 Pool Aqua Fitness Aerobic

10:45-11:30 Chair Yoga

1:30-2:15 Tai Chi

Friday

9:00-9:40 Strength & Balance C
10:00-10:50 Strength & Balance D
11:00-11:50 Fit to Move
1:30 -2:00 Strength & Balance B
2:30-3:15 Pool Water Walking
3:00- 3:30 WC Moving & Grooving

FITNESS LEVELS

Level A – for individuals who rely on a walking aid and/or for a first-time exerciser, seated class format.

Level B –for individuals who lead a physically active life most of the time, seated and standing class format

Level C – for individuals who participate in vigorous physical activity, most days of the week, standing with some seated class format

Level D- for individuals who participate in vigorous physical activity, can stand for long periods of time and can get on and off the floor.

POOL AREA ACTIVITIES

Aqua Fitness Aerobics – Level B/C - This class will focus on strength, balance, flexibility and cardiovascular endurance. We will use delta bells, kick boards and pool noodles.

Water Walking Level A-This class will focus on walking Forward, backwards and sideways; using regular, short, long or quick steps in chest deep water. The water will create a natural resistance to work your muscles and protect your joints at the same time.

Aqua Mobility- This class focuses on the mobility of your joints and strengthening your body for everyday movements.

***Men's Swim Group**- The men swim in pairs of 2 or 3 on Tuesday, Thursday and Saturday between the hours of 7:30am and 9:00pm. For more information and times that are available please contact Charlie Miller at 438-4249.

Supervised swim- Wellness staff will be available to watch you while you swim if you do not have a partner.

YOGA/TAI CHI

Chair Yoga - Level B - This gentle yoga practice will be performed seated with some standing postures using the chair for support.

Gentle Yoga – Level B - This active yoga practice will be performed seated and standing. We will also perform some **yoga poses on the floor**. Class will conclude with a guided relaxation exercise.

Wake Up Yoga - Level B/C- This gentle yoga practice will be performed seated with some standing postures.

Tai Chi- this class helps with balance, flexibility, muscular strength and coordination. The art form originated in China. The style of class taught is Sun Style. Sun Style is an upright style of Tai Chi, with one foot moving forward or backward followed by the other foot.

STRENGTH & BALANCE CLASSES

Strength & Balance - Level A – This class will focus on improving strength, balance and flexibility. It will also focus on seated range of motion exercises to improve joint mobility and to relieve arthritic pain. This class is for individuals who rely on a walking aid or are in a wheelchair. It takes place primarily in a chair.

Strength & Balance- Level B- class will focus on improving strength, balance and flexibility and take place both in and out of a chair. Hand weights and body weight will be used in class.

Strength & Balance - Level C – This class will focuses on improving strength, balance and flexibility. It takes place both in and out of a chair. We will use hand weights, exercise bands and your own body weight for resistance.

Strength & Balance and Core-Level D- This class will be standing and on floor exercises that will help your strength, balance and abdominal strength. The maximum number of participants for this class is 8 currently because of space.

SUPERVISED HOURS

Wellness staff will be available to assist you on any of the Fitness Center equipment or answer any questions you may have regarding your individual wellness program:

Monday-Thursday: 8:00am–4:30pm and Fridays, 7:30am – 4:00pm

Exerstrider Nordic Walking Poles

They are fun, easy to use, and create an effective total body workout with benefits like cross country skiing.

SPECIALIZED PROGRAMS

***Supervised Exercise**- This program is for individuals that may have cardiovascular disease, that have completed cardiac rehab and/or have been released by their doctor to continue exercising. We will monitor your blood pressure, heart rate, oxygen levels and rate of perceived exertion. These measurements will be taken before, during and after exercise. For more information and to sign up call Jonathan Smith at 438-4290.

***Fit to Move**– This class is specifically designed for individuals with Parkinson's disease. Contact Jonathan Smith, 438-4290 for more information.