



Naik Family Branch

WELLNESS CLASS SCHEDULE FALL TERM I

October 15–October 28 2018

MONDAY:

6:30-7:30am (YS) Pilates
* 7:30-8:30am (WS) Cardiac Rehab
8:15-9:30am (YS) Gentle Yoga
8:30-9:30am (WS) TRX Intervals
8:45-9:30am (YS) Senior Wellness
10:30-11:15am (WS) Cardio Dance & Tone
11:30-12:15pm (WS) Stretch & Core
11:45-12:45pm (YS) TAI CHI
* 5:00-5:55pm (WS) Enhance Fitness
5:30-6:30pm (YS) Vinyasa Yoga
6:00-7:00pm (WS) TRX Interval

TUESDAY:

8:00-9:15am (YS) Flow Yoga
9:00-10:00am (WS) TRX Intervals
11:00-11:45am (WS) Strength & Cond

WEDNESDAY:

6:30-7:30am (YS) Pilates
* 7:30-8:25am (WS) Cardiac Rehab
8:30-9:30am (YS) Vinyasa Flow
8:30-9:30am (WS) Cross Conditioning
8:45-9:30am (YS) Senior Wellness
11:45-12:45pm (YS) TAI CHI
5:30-6:30pm (WS) Step

THURSDAY:

5:00-6:00am (WS) TRX Interval
7:00-8:00am (YS) NEI KUNG
8:05-9:20am (YS) Vinyasa Yoga
8:15-9:00am (WS) Strength & Cond
10:00-10:45am (WS) Barre
9:30-10:45am (WS) Step
10:45-12:00pm (YS) Senior Yoga

FRIDAY:

6:30-7:30am (YS) Pilates
*7:30-8:25am (WS) Cardiac Rehab
8:30-9:30am (WS) Cross Conditioning
8:45-9:30am (YS) Senior Wellness
10:00-10:45am (WS) Zumba
11:00-11:45am (WS) Stretch & Core
*5:00-6:00pm (WS) Enhance Fitness

SATURDAY:

8:30-9:30am (WS) Step
9:30-10:30am (YS) Vinyasa Yoga

WS =Wellness Studio

WF =Wellness Floor

YS =Yoga Studio

* Indicates a Registered or Advanced Sign Up class

Updated 10/9/2018 Schedule is subject to change

LOWER INTENSITY

Barre: This workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

TAI CHI: Slow balanced movements concentrated on developing internal power, increased circulation and overall harmony of the body.

NEI KUNG: A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

Enhance Fitness: Evidence based 16-week program focuses on increasing cardiovascular endurance, strength, balance and flexibility to help reduce arthritis symptoms.

Senior Wellness Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

Stretch & Core: Combine core strengthening, muscle toning and flexibility with a healthy dose of fellowship and fun!

Gentle Yoga/Flow Yoga/mindful yoga Our Yoga classes are taught by a variety of very skilled, caring instructors. The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

Senior Yoga: Help improve balance and flexibility, with the aim of increasing overall health benefits

Cardiac Rehab: This is an ongoing (maintenance) exercise program for the high-risk cardiac population. The program uses various exercise modalities, including treadmills, stationary bikes, walking, ellipticals, aerobic exercise, and weight training.

Cardio Dance & Tone: Easy to follow dance fitness moving to a mix of different music genres.

Strength & Conditioning: A full body muscle workout focused on functional strength, core conditioning, and flexibility

MODERATE INTENSITY

Pilates: Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises.

Vinyasa Yoga: Our hour of Power yoga will appeal to people who are already quite fit, enjoy exercising, and want to work hard and work up a sweat. The focus is on building strength, becoming more flexible and balanced.

Step: Cross training class combining strength workouts with a heart pumping aerobics routines! Great for a variety of fitness levels!

Zumba: Come Join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!

HIGER INTENSITY

Cross Conditioning: A total body workout based on constantly varied functional fitness performed at a high intensity. Feel like an athlete with this circuit style class.

TRX: The TRX Suspension Trainer is a workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. training and cardio! You will build lean muscle and endurance!