



Naik Family Branch—Wellness Class Schedule Summer Session — June 17-September 15, 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-7:00am Total Body Conditioning Jasmine — WS	*6:55am-7:55am Intro to Tai Chi Dr. Schwindt — WS	6:30am-7:30am Pilates Noreen — YS	5:00am-6:00am TRX Intervals Noreen — WS	6:30am-7:30am Pilates Noreen — YS	*7:00am-8:20am Brazilian Jiu-Jitsu for Women Pedro — WS	7:15am-8:30am Yoga Jasmine—YS
6:30am-7:30am Pilates Noreen — YS	8:00am-9:15am Step Marion — WS	6:15am-7:00am Muscle Sculpt Jen — WS	6:05am-6:55am Total Body Conditioning Jasmine — WS	*7:30am-8:30am Cardiac Rehab Jasmine—WS/YS	7:30am-8:45am Baptiste Yoga Annie — YS	8:30am-9:30am Zumba Kelly—WS
*7:30am-8:30am Cardiac Rehab Marion — WS/YS	8:00am-9:15am Flow Yoga Janice — YS	*7:30am-8:30am Cardiac Rehab Marion — WS/YS	7:05am-8:00am Nei Kung Dr. Schwindt — WS	8:30am-9:20am Strength Cheryl — WS	8:30am-9:30am Step Kim—WS	9:45am-10:30am Barre Tina — WS
*8:30am-9:30am TRX Intervals Cheryl — WS	8:30am-9:30am Cross Conditioning Cheryl — Gym	8:45am-9:30am Senior Wellness Marion — Gym	8:15am-9:00am Strength & Conditioning Yolla—WS	8:45am-9:30am Senior Wellness Jasmine—Gym	9:15am-10:15am Vinyasa Yoga Jasmine/Sarah — YS	10:00am-11:30am Back yoga & Gentle Move- ment Pamela — YS
8:45am-9:30am Senior Wellness Marion — Gym	*9:30am-10:15am TRX Level I Heather — WS	9:30am-10:45am Anything Goes Marion — WS	8:30am-9:15am Cross Conditioning Cheryl — Gym	9:00am-9:55am Slow Yoga Flow Sarah — YS	*12:00pm-12:45pm Punching for Parkinson's Marc — WS	11:45am-12:45pm Guided Meditation Pamela — YS
9:45am-10:30am Cardio Dance & Tone Yolla—WS	9:30am-10:30am Gentle Yoga Janice — YS	10:05am-11:35am Back Yoga & Gentle Move- ment Pamela — YS	10:45am-12:00pm Senior Yoga Barbara — YS	9:30am-10:30am Zumba Jill — WS	WS = Wellness Studio YS = Yoga Studio Gym = Gymnasium *Indicates a Registered or advanced sign up class SMALL GROUP TRAINING Personal Training is taken to a new level with the group option! Gather two or three of your friends for a cost effective method to personal training! Beginner Moderate Advance	
9:30am-10:30am Basic Yoga Rachna — YS	10:30am-11:15am Strength & Conditioning Yolla — WS	5:30pm-6:30pm Women's Rhythmic Yoga Jasmine—YS	5:00pm-6:00pm Zumba Kelly—WS	10:45am-11:30am Barre Yolla — WS		
10:45am-11:30am Stretch & Core Yolla — YS	5:00pm-5:55pm Pilates Stacey — YS	6:45pm-8:00pm Limber & Tone Jasmine—WS	6:30pm-7:30pm Self Defense Tony — WS	*5:00pm-6:00pm Enhance Fitness Noreen — WS		
*5:00pm-5:55pm Enhance Fitness Noreen — WS	5:00pm-5:55pm Strength Marc— WS		6:30pm-7:45pm Yoga Flow Jasmine—YS			
5:00-6:00pm Vinyasa Yoga Sarah — YS	6:00pm-7:00pm Body Sculpt Stacey — WS					
6:30pm-7:45pm Baptiste Yoga Annie — YS	6:00pm-7:00pm Basic Yoga Rachna—YS					
*6:05pm-7:00pm TRX Interval Cheryl — WS						

LOWER INTENSITY

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. Registration required

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!

Basic Yoga /Gentle Yoga/Flow Yoga/All Levels/Guided

Meditation: 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.

Registration required

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

Brazilian Jiu-Jitsu for Women: Fundamentals of grappling: strategies, tactics, and techniques. A look at the body mechanics, positioning, and timing during hand-to-hand self-defense.

***Intro to Tai Chi** This 15 week program will introduce beginners to the first half of the short form of Yang Style Tai Chi Chuan. Students should be able to stand for an hour. This exercise class will be supervised by an MD, so any other questions/concerns about pre-existing medical conditions should be discussed with Dr. Schwindt prior to signing up. Registration required.

***Punching for Parkinson's** Exercise's for PD patients that help develop and maintain healthy lifestyles. Registration required.

MODERATE INTENSITY

Body Sculpt: A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

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.

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.

Self Defense: A class designed to successfully enable someone to resist and survive violent attacks. While providing psychological awareness and verbal skills.

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!

Guided Meditation: Consciously using breath to move through yoga positions in gentle yet strong focused flow to release stress and increase muscle alertness. Class will be taught so that all levels will enjoy the benefits. Last 20 minutes of class includes deep relaxation and then final meditation.

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

Limber & Tone: A combination of gentle but effective toning exercises with complete full range movements and form, using balls, tubes, bands and natural body balancing exercises, delivering an experience within, that releases tension and the feeling of length, completing the class with a tranquil meditation.

of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout

Baptiste Yoga: Hot yoga focused on meditation and self-inquiry adaptable to any level of physical ability. Sticky yoga mat and towel suggested.

TRX LEVEL 1: A beginner class that offers an introduction to the TRX Suspension Trainer. This is a workout system that leverages gravity and your body weight to perform hundreds of exercises while building lean muscle and endurance. Registration required

Womens Rhythmic Yoga: Combines fluid movement and nourish your mind, body and soul with music in a yoga practice

HIGHER INTENSITY

TRX INTERVAL: 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!

Registration required

Anything Goes: A total Body Conditioning using Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

Strength: Challenge yourself, build strength, develop endurance, and improve balance and coordination in a variety of strength training exercises
Total Body Conditioning: Incorporating the balance of strength and flexibility exercises using weights, balls, bands and cardio movements to increase power and performance in a vocally guided and safe environment to promote safety and longevity as you balance the body