



Fitness Classes for All Residents: April 2022

ANNOUNCEMENTS:

Class Cancellation Notice: ALL YMCA fitness classes are CANCELLED Friday, April 15 for Good Friday

2022 Farmers Market Update: Unfortunately, Terry Motsinger, our farmer who has provided us with local homegrown produce and flowers since 2016, will not be available this year. We will update you if another farmer is able to serve our community.

NEW CARDIO CLASS OFFERING: ***Step, Walk, and Move!*** A 20-30 minute class designed to get your heart pumping and elevate your mood as you walk and move to music. *This introductory class will occur each Tuesday at 12 PM and will continue if interest is high.*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes	<u>Floor Yoga</u> Phillips 100 Dining Hall 60 Minutes <i>(Bring your own mat)</i>	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes	<u>Floor Yoga</u> Phillips 100 Dining Hall 60 Minutes <i>(Bring your own mat)</i>	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes
10:00 AM	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes	<u>Chair Yoga Flow</u> Phillips Amos Room 45 Minutes <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room* 30 Minutes	<u>Chair Yoga Flow</u> Phillips Amos Room 45 Minutes 10:15 ON THURSDAYS <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes <u>Strength Fit 2</u> 10:00 FRIDAYS ONLY Vogler Exercise Room 45 Minutes
11:00 AM	<u>Strength Fit 2</u> Phillips Amos Room 45 Minutes <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>Pilates</u> Phillips Amos Room 30 Minutes <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes PWR!Moves® <u>(Parkinson's Specific)</u> Phillips 100 Building	<u>Strength Fit 2</u> Phillips Amos Room* 45 Minutes <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>Pilates Express</u> Phillips Amos Room 30 Minutes 11:15 ON THURSDAYS <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	ZUMBA GOLD® Phillips Amos Room 45 Minutes <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes PWR!Moves® <u>(Parkinson's Specific)</u> Phillips 100 Building
12:00 PM		NEW! <u>Step, Walk, and Move!</u> Phillips Amos Room 30 Minutes			
1:30 PM	<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes
2:00 PM	<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes

Aquatics Classes

9:00 AM	<u>Small Group Coaching</u> 30 Minutes				<u>Small Group Coaching</u> (8:30 on Fridays) 30 Minutes
10:00 AM	<u>H2O Strength/Aerobics</u> 45 Minutes		<u>H2O Strength/Aerobics</u> 45 Minutes		<u>H2O Strength/Aerobics</u> 45 Minutes
11:00 AM		<u>Shepherd's Center</u> open to residents		<u>Shepherd's Center</u> open to residents	<u>Shepherd's Center</u> open to residents
1:00 PM		<u>Shepherd's Center</u> open to residents		<u>Shepherd's Center</u> open to residents	

Babcock Health Care Center

11:00 AM	<u>Movement Matters</u> Amos Room 30 Minutes		<u>Gentle Yoga (11:15)</u> Amos Room 30 Minutes		<u>Movement Matters</u> Amos Room 30 Minutes
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For information about classes, personal training, or a wellness program, contact Laura Gorycki at 336-391-2800