



# INSPIRE

## WELLNESS CLASS SCHEDULE 2024



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness News

9am-10am  
Water Aerobics (P)

9am-10am  
Water Aerobics (P)

9am-10am  
Water Aerobics (P)

9am-9:45am  
Low Impact  
Water Aerobics (P)

11am-12pm  
Stay Strong (V)

11am-12pm  
Stay Strong (V)

11am-12pm  
Balance & Flex  
(CC)

1:30pm-2:30pm  
Tai Chi (CC)

3pm-4pm  
Senior Yoga (CC)

4pm-5pm  
Water Aerobics (P)

4pm-5pm  
Water Aerobics (P)

**BACK BY POPULAR DEMAND:**

**Low Impact Aerobics!**

**LIVESTREAM classes through TEAMS!**

**Class Fees:  
Non-member \$5  
Member \$2**

**Yoga & Tai Chi  
Non-member \$10  
Member \$7**

**CC= Community Center  
P= Pool  
V= Villa Activity Room  
VS= Villa Sunroom**

# INSPIRE

Inclusive • Nutritional • Spiritual • Physical • Intellectual • Recreational • Engaging

## WELLNESS CLASS DESCRIPTION

**Balance & Flexibility:** Move through seated and standing exercises to increase flexibility, strength, balance and range of motion. A chair is used to meet a variety of fitness levels.

**Line Dancing:** This class will teach you basic steps used in line dances. Line dancing is especially great for enhancing memory, balance and coordination to keep YOU young. Plus, it's one of the most fun ways to get your cardiovascular exercise!

**Low Impact Aerobics:** The exercises will get your heart rate up, get you to work up a sweat, and help you feel alive again! This class is suitable for all levels.

**Low Impact Water Aerobics:** Easy to follow low impact water aerobics. Enjoy the benefits of aerobics combined with range of motion movements, strength, and balance exercises for a fun water workout! All levels are welcome.

**Senior Yoga:** Improve your strength, flexibility, and mobility through yoga poses adapted for seniors at any level of health and fitness.

**Stay Strong:** This class will focus on building muscle strength and endurance. Designed for all fitness levels, participants may perform the exercises seated or standing with/or without equipment.

**Water Aerobics:** This popular class is a blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, paddles, gloves and noodles.

**Tai Chi:** This form of martial arts is about slow, controlled movements. Benefits include falls prevention, arthritis, relief and coordination.