



INSPIRE

WELLNESS CLASS SCHEDULE 2024



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness News

9am-10am
Water Aerobics (P)

11am-12pm
Stay Strong (V)

1:30pm-2:15pm
Cardio Boxing (VS)

9am-10am
Water Aerobics (P)

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

3pm-4pm
Senior Yoga (CC)

4pm-5pm
Water Aerobics (P)

9am-10am
Water Aerobics (P)

10am-10:45am
Line Dancing (V)

11am-12pm
Stay Strong (V)

4pm-5pm
Water Aerobics (P)

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

11am-12pm
Balance & Flex
(CC)

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.

Cardio Boxing: Improve coordination, strength, power, endurance, balance and overall cognition in this 45 minute beginner friendly class. You will work your cardiovascular system with a series of combinations, core exercises, and some kickboxing! Boxing has been proven to benefit cognition. So, not only will your body get a great workout but your brain too!

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 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.