



INSPIRE

WELLNESS CLASS SCHEDULE 2025



Monday

Tuesday

Wednesday

Thursday

Friday

Wellness News

9am-10am
Water Aerobics (P)

11am-12pm
Stay Strong (V)

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

9am-10am
Water Aerobics (P)

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

4pm-5pm
Water Aerobics (P)

4:30pm-5:30pm
Senior Yoga (CC)

9am-10am
Water Aerobics (P)

10am-10:45am
Zumba Gold® (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

Zumba Gold®
Non-Member \$10
Member \$5

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

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!

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.

Zumba Gold®: An exciting dance class with easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. This class is designed specifically for older adults. Zumba Gold® incorporates low-impact dance moves that are gentle on the joints while still offering a fantastic workout!