

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

**NOTE: CLASS TIME CHANGES!!**

**MONDAY/WEDNESDAY/FRIDAY 8:45-9:15 A.M. & 9:20-9:50 A.M. HAVE CHANGED BACK TO 9 A.M.**

**Thank you for your willingness to try something different!**

EFFECTIVE JUNE 1 – JUNE 30, 2019						
AQUATIC FITNESS CLASSES & OPEN SWIM - <i>Class descriptions on the back</i>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:15 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
8:30 – 9:15 a.m.	POOL	<b>Aqua Motion</b>	Lap/Open Swim	<b>Aqua Motion</b>	Lap/Open Swim	<b>Aqua Motion</b>
9:30 – 9:45 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
10:00 – 10:45 a.m.	POOL	<b>Shallow Water Walking</b>	Lap/Open Swim	<b>Shallow Water Walking</b>	Lap/Open Swim	<b>Shallow Water Walking</b>
11:00 a.m. – Noon	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
Noon – 1:00 p.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
1:00 – 2:30 p.m.	POOL	Lap/Open Swim	<b>Volleyball</b>	Lap/Open Swim	<b>Volleyball</b>	Lap/Open Swim
2:30 – 3:00 p.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
3:00 – 4:00 p.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	Lap/Open Swim	<i>CLOSED</i>	<i>CLOSED</i>
3:00 p.m. – 7:15 a.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
<b>SATURDAY</b> 9:00 a.m. – Noon	POOL	Lap/Open Swim				

LAND FITNESS CLASSES - <i>Class descriptions on the back</i>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 a.m. ★	FITNESS STUDIO	<b>Strong and Balanced</b>	<b>FUNctional WELLness</b>	<b>Strong and Balanced</b>	<b>FUNctional WELLness</b>	<b>Strong and Balanced</b>
10:00 – 10:30 a.m.	FITNESS STUDIO	<b>Video Exercise SeniorStyle</b>		<b>Video Exercise SeniorStyle</b>		<b>Video Exercise SeniorStyle</b>
10:00 – 10:30 a.m. ★	FITNESS STUDIO	<b>Wellness Staffed</b>	<b>Wellness Staffed</b>	<b>Wellness Staffed</b>	<b>Wellness Staffed</b>	
10:30 – 11:00 a.m.	FITNESS STUDIO				<b>Video Tai Chi</b>	
10:45 – 11:15 a.m.	FITNESS STUDIO	<b>Chair Yoga</b>				
11:30 a.m. – Noon	FITNESS STUDIO			<b>Meditation</b>		
1:00 – 1:45 p.m.	FITNESS STUDIO	<b>Chair Strength and Balance For Beginners</b>		<b>Chair Strength and Balance For Beginners</b>		<b>Chair Strength and Balance For Beginners</b>
2:00 – 3:00 p.m.	FITNESS STUDIO			<b>Line Dancing</b>		

OUTDOOR FITNESS - <i>Class descriptions on the back</i>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:30 a.m.	TENNIS COURT	<b>*Pickleball lessons/play</b>			<b>*Pickleball lessons/play</b>	
9:30 – 10:30 a.m.	PLAZA				<b>*Bocce</b>	
10:00 – 10:45 a.m. ★	TENNIS COURT			<b>*Tennis</b>		
10:30 – 11:30 a.m.	PLAZA		<b>*Corn Hole</b>			
*PICKLEBALL, CORN HOLE, TENNIS, AND BOCCIE (WEATHER PERMITTING)						
*PICKLEBALL and TENNIS cancelled if under 50 degrees or wet court.						
★ <b>Change in schedule or new class! Please note time changes!</b>						

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

EFFECTIVE JUNE 1 – JUNE 30, 2019

## AQUATIC FITNESS

**Aqua Motion** – Shallow water. Low impact movements focused on maintaining flexibility and joint range of motion. Pool equipment such as balls, noodles and barbells may also be used. Good for all skill levels.

**Lap/Open Swim** – Participants may swim laps or practice other aquatic exercises during this time. This time is not instructor led.

**Shallow Water Walking** – Traveling forwards, backwards and sideways to work on balance and cardiovascular endurance. Pool equipment such as balls, noodles, and barbells may also be used. Good for all skill levels.

**Volleyball** – Join us for an afternoon of FUN! No experienced needed to play pool volleyball. All games played in shallow water.

## LAND FITNESS

**Chair Strength and Balance for Beginners** – This class is a great way to improve your balance, stamina, coordination, and strength. Hand weights are used. Good for beginner or intermediate exercisers.

**Chair Yoga** – Get the benefits of Yoga without getting on the floor. All poses done sitting or standing by a chair.

**FUNctional WELLness** – Fun & Well will challenge your balance and coordination and increase your heart rate through teamwork and fun agility courses.

**Line Dancing** – Get your boot scooting boogie going as you dance! Good for all skill levels.

**Meditation** – Learn how to focus, relax, and calm your mind. Class begins with a warm-up and is guided through meditation. Good for beginners or those experienced in meditation.

**Strong and Balanced** – Increase your strength & maintain or improve your balance and coordination. Hand weights and other strength tools used.

**Wellness Staffed** – Need a little help setting the fitness equipment, or have fitness related questions? Come during this time and one of our wellness staff members will be there for you!

## OUTDOOR FITNESS (weather permitting)

**Bocce** – Roll the ‘jack’ and see how close you can come to the jack or knock the opponent’s balls away. Good for all skill levels. Individuals are welcome to play. Teams are not required.

**Corn Hole** – Take turns tossing a bean bag for points. Individuals are welcome to play. Teams are not required.

**Pickleball lessons/organized play** – Play and learn the rules, scoring, and strategies of Pickleball, a paddleball sport created for all ages and skill levels! This fun sport combines components of tennis, badminton, and ping-pong.

**Tennis** – Come out to work on your tennis skills and enjoy open play time as well!

## VIDEO FITNESS

**Exercise SeniorStyle** – 30 minute video. Cardiovascular and balance exercise. No weights used. Good for beginner or intermediate exercisers.

**Tai Chi** – 30 minute video sessions demonstrating Tai Chi techniques. Good for skill levels. Tai Chi is good for balance, stress relief and mindful focus.

### **Contact the Wellness Staff**

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