

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

**\*NO Chair Yoga on Monday, August 24th**

**EFFECTIVE AUGUST 3 – AUGUST 31, 2020**

<b>AQUATIC FITNESS CLASSES &amp; OPEN SWIM - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:15 a.m.	POOL	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim
7:15 – 9:00 a.m.	POOL		Lap/Open Swim		Lap/Open Swim	
8:15 – 9:00 a.m.	POOL	Aqua Motion		Aqua Motion		Aqua Motion
9:30 – 10:15		Aqua Motion		Aqua Motion		Aqua Motion
9:00 – 9:45 a.m.	POOL		Shallow Water Walking		Shallow Water Walking	
10:15 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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
1:00 – 1:30 p.m.	POOL	Lap/Open Swim	Lap/Open Swim	Aqua Tai Chi	Lap/Open Swim	Lap/Open Swim
1:30 – 4:00 p.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
4:00 p.m. – 7:15 a.m.	POOL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

<b>LAND FITNESS CLASSES - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 a.m.	GAMBER AUDITORIUM AND Channel 956	Strength and Balance		Strength and Balance		Strength and Balance
9:30 – 10:00 a.m.	GAMBER AUDITORIUM AND Channel 956		Fit and Fun Cardio		Fit and Fun Cardio	
10:30 – 11:00 a.m.	GAMBER AUDITORIUM AND Channel 956		Tai Chi		Tai Chi	
10:30 – 11:00 a.m.	GAMBER AUDITORIUM AND Channel 956	Chair Yoga				Chair Yoga
10:30 – 11:30 a.m.	FITNESS CENTER	Wellness Staffed		Wellness Staffed		Wellness Staffed
1:00 – 1:45 p.m.	GAMBER AUDITORIUM AND Channel 956	Chair Strength and Balance For Beginners				Chair Strength and Balance For Beginners
1:00 – 2:00 p.m.	FITNESS CENTER		Wellness Staffed		Wellness Staffed	
2:00 – 2:30 p.m.	GAMBER AUDITORIUM			Beginner Line Dancing		
2:30 – 3:15 p.m.	GAMBER AUDITORIUM			Intermediate Line Dancing		

<b>OUTDOOR FITNESS - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:30 a.m.	TENNIS COURT	*Pickleball		*Pickleball		
9:30 – 10:30 a.m.	PLAZA				*Bocce	
10:30 – 11:30 a.m.	PLAZA		*Corn Hole			
<b>*PICKLEBALL, CORN HOLE, AND BOCCIE (WEATHER PERMITTING)</b>						

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

EFFECTIVE AUGUST 3 – AUGUST 31, 2020

## AQUATIC FITNESS

**Aqua Motion** – A shallow water class with low impact movements, focused on maintaining flexibility and joint range of motion. Pool equipment such as noodles and barbells may be used. Good for all skill levels.

**Aqua Tai Chi** – Come try something different! This shallow water class offers the benefits of Tai Chi exercise in the water.

**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 noodles and barbells may be used. Good for all skill levels.

## LAND FITNESS

**Beginner Line Dancing** – For the beginner with no experience! Learn the steps to a few basic line dances.

**Chair Strength and Balance for Beginners** – This class is a great way to improve your balance, stamina, coordination and strength. Equipment such as bands and hand weights may be 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.

**Fit and Fun Cardio** – This is a total cardio class to get your heart pumping and in shape!

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

**Strength and Balance** – Increase your strength and balance in one class! Hand weights and other strengthening tools may be used. Good for experienced exercisers, but modifications will be shown for beginners as well.

**Tai Chi** – The benefits of Tai Chi for seniors are incredible. Come experience this low-impact, relaxing form of exercise for the health of your mind and body. All fitness levels welcome!

**Wellness Staffed** – Need a little extra help in the VIVA Fitness Center? A Wellness staff member will be there during this time to help you with cardio or strength machine set up, and answer any questions you may have.

## 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** – Come out to play Pickleball, a paddleball sport created for all ages and skill levels! This fun sport combines components of tennis, badminton and ping-pong.

## CONTACT THE WELLNESS STAFF

Kristin Manser, Wellness Manager – extension x4981    [kmanser@mennonitehome.org](mailto:kmanser@mennonitehome.org)

Julie Aiello, Wellness Specialist – extension x4969    [jaiello@mennonitehome.org](mailto:jaiello@mennonitehome.org)

Esther Cohick, Wellness Specialist – extension x2237    [ecohick@mennonitehome.org](mailto:ecohick@mennonitehome.org)