



# Grand Arbor

## CLASS SCHEDULE

(320) 759-4613

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:30	AquaFit/Lori	6:30	Hydrorider Alice 	6:15	Wake Up Workout/Alice	6:30	Indoor Cycling Bike Rm/Alice	6:15	Deep Water Workout/Alice
7:45	Indoor Cycling Bike Rm/Jen	8:30	Pilates-A Jen	7:30	AquaFit Alice	8:30	Pilates-A Jen	7:30	AquaFit Alice
9:00	AquaFit/Alice	9:00	Gentle Waves Kayla	9:00	AquaFit/Kayla	9:00	Gentle Waves Lori	9:00	AquaFit/Kayla
9:15	Active Aging-A Lori/Jen	9:30	Balance -A Jen	9:15	Active Aging-A Stacey	9:30	Balance -A Jen	9:15	Active Aging-A Lori
10:00	Total Knee/Hip Aqua Class Alice	9:50	Active Aging Aqua/Kayla	10:00	Total Knee/Hip Aqua Class Alice	9:50	Active Aging Aqua/Alice	10:00	Total Knee/Hip Aqua Class Alice
10:30	Cardio Circuit-A Lori	4:30	Whole Body Conditioning Lori	10:30	Cardio Circuit-A Kayla	12:00	Hydrorider Alice  <i>(no registration required)</i>	10:30	Classic-A Lori
3:30	Hydrorider Alice 			3:00	Working with Weights/Alice-A	4:30	Whole Body Conditioning Stacey	<b>Saturday</b> 2:00 pm - 4:00 pm  <b>RESIDENT/ EMPLOYEE FAMILY SWIM</b>  <i>Children will be present</i>	
4:00	Cycle Fusion Jen	4:00	Deep Water Alice	4:00	Deep Water Alice				
4:00	Deep Water Alice	5:15	Hydrorider Stacey 	5:15	Hydrorider Stacey 				
<p><b>IF THERE ARE FOUR OR LESS IN THE POOL, MAY REMOVE ROPE FOR LONG LAPS.</b></p>									
<p><b>THE HYDRORIDER WATER CLASS REQUIRES PRE-REGISTRATION, EXCEPT FOR THURSDAY AT NOON.</b></p>									



# Nelson Gables

## CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:00	Active Aging Pam	9:00	Active Aging Pam/Lori	9:00	Active Aging Pam/Lori	9:00	Active Aging Pam/Kayla	9:00	Active Aging Pam
10:30	Classic Pam			10:30	Classic Lori				

*The Nelson Wellness Center is open 5:00 a.m. - 12:00 midnight every day.*

*Our pool is open 5:00 a.m. - 10:00 p.m. every day.*

**ACTIVE AGING:** This class is designed for individuals who are physically independent and can move throughout the classroom without an assistive device. This class helps to improve functional upper and lower body strength, weight-bearing endurance, strength for balance and gait mobility.

**ACTIVE AGING AQUA:** Entry level small group pool class designed for residents or deconditioned participants who are able to exercise without one-to-one assistance. This class is set at a slow pace, includes breaks and covers basic pool exercises.

**AQUAFIT:** Improve your agility, flexibility and cardiovascular endurance. No swimming ability is required, and a variety of aquatic resistance tools are used to develop strength, balance and coordination.

**BALANCE:** This class focuses on strength and flexibility for balance. Participants must be able to move around the classroom without an assistive device.

**CARDIO CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a massage ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises.

**CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**CYCLE FUSION:** This class combines indoor cycling with strength intervals mixed in for the ultimate workout.

**DEEP WATER EXERCISE:** A fun, high tempo class that takes place in the deep water of the pool. Participants will challenge their core through suspended training and work on building strength and cardio endurance through water resistance.

**GENTLE WAVES:** This program incorporates the buoyancy of water and soothing warm water to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while building stronger muscles and overall stamina.

**HYDRORIDER:** <sup>H</sup> This **30 minute class** provides a user-friendly, water cycling class that's perfect for any skill level. Buoyancy provides support for your joints and your resistance level is based on your own effort. It's a full-body cardio workout that provides a unique biking experience for the beginner to the veteran athlete. **THIS IS A SIX WEEK SESSION AND PRE-REGISTRATION IS REQUIRED, EXCEPT FOR THE THURSDAY NOON CLASS!**

**INDOOR CYCLING:** This high-intensity class will improve your cardiovascular fitness and challenge your heart rate like no other class. Pedal through hill climbs, sprints, and many other cycling drills. Remember to bring a towel and water bottle!

**PILATES:** Develop core strength and flexibility with a series of slow and controlled movements. Pilates allows you to challenge your mind, body and spirit while using Breath, Coordination, Balance and Concentration.

**TOTAL KNEE & HIP AQUA CLASS:** Whether you are trying to increase strength and flexibility in preparation for your **scheduled knee or hip surgery** or **after your total knee or hip replacement**, continue on your road to recovery and wellness. Once physical therapy has ended, join us for a fun class that includes strength, flexibility, range of motion, balance and is physical therapy principle based in our warm water pool. ***PLEASE NOTE: THIS CLASS IS SPECIFICALLY FOR THOSE WHO HAVE TOTAL JOINT SURGERY SCHEDULED AND/OR ARE POST-SURGERY.***

**WAKE UP WORKOUT:** Jump start your morning with this fun, high intensity pool class. A variety of flexibility, strength, and cardio exercises will add variety and challenge in both the shallow and deep water. Come get your workout in early and feel great the rest of the day!

**WORKING WITH WEIGHTS:** This class introduces the fundamental skills of weight training for personal fitness. We will work large and small muscles groups with focus on abdominal, bicep, triceps, back, quadriceps and hamstrings.

**WHOLE BODY CONDITIONING:** This class is a moderate intensity and will primarily take place in the shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.