



June/July  
2021

# Grand Arbor CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00					
6:30		<b>HydroRider</b> Alice (30 min)			
7:30	<b>Aqua Fit</b> Lori		<b>Aqua Fit</b> Lori		<b>Aqua Fit</b> Alice
8:30	<b>Total Knee/Hip</b> Alice	<b>Pilates</b> Nicole	<b>Total Knee/Hip</b> Alice	<b>Pilates</b> Nicole	<b>Total Knee/Hip</b> Alice
9:00	<b>Active Aging</b> Lori	<b>Aqua Fit</b> Lori	<b>Active Aging</b> Kayla	<b>Aqua Fit</b> Kayla	<b>Active Aging</b> Lori
9:30					
10:00	<b>Total Knee/Hip</b> Alice	<b>Classic</b> Lori	<b>Total Knee/Hip</b> Alice	<b>Classic</b> Lori	<b>Total Knee/Hip</b> Alice
10:00	<b>Rock Steady Boxing</b> Lori (assessment required)		<b>Rock Steady Boxing</b> Kayla (assessment required)		<b>Rock Steady Boxing</b> Lori (assessment required)
11:00	<b>Neuro Fit</b> Kayla		<b>Neuro Fit</b> Lori		<b>Neuro Fit</b> Kayla
12:00				<b>HydroRider</b> Kayla ( 30 min)	<b>New Class</b> <b>Cardio Combo</b> Lori
1:00	<b>Active Aging</b> Lori	<b>Balance</b> Tammy (30 min) <b>Gentle Waves</b> Lori	<b>Active Aging</b> Kayla	<b>Balance</b> Tammy (30 min) <b>Gentle Waves</b> Kayla	<b>Active Aging</b> Kayla
3:00			<b>Working w/Weights</b> Alice		
3:30	<b>HydroRider</b> Alice (30 min)		<b>HydroRider</b> Kayla (30 min)		
4:00	<b>Deep Water</b> Kayla		<b>Deep Water</b> Kayla		
4:15		<b>Whole Body Conditioning</b> Lori		<b>Whole Body Conditioning</b> Kayla	
5:30			<b>Yoga</b> Nicole		

**\*All classes require pre-registration. Walk-Ins will only be allowed into the class if capacity numbers haven't been met.**

Wellness Center Hours: 5:00 am – 10:00 pm Daily  
Grand Arbor 320.759.4613

## CLASS DESCRIPTIONS:

**ACTIVE AGING:** 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.

**AQUA FIT:** 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:** Focuses on strength and flexibility for balance. Participants must be able to move around the classroom without an assistive device.

**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.

**CARDIO COMBO:** A standing and seated workout choreographed with upper-body strength work using hand-held weights, bands with handles and balls. This class is suitable for the intermediate to advanced exercisers.

**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:** 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.

**NEUROFIT:** Designed for participants with Neurological disorders to move through a series of exercises with resistance, strength and cardio. *NOTE: Assessment Is required to participate*

**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.

**ROCK STEADY BOXING:** Enables people with Parkinson's disease to fight their disease with a non-contact boxing-style program. *NOTE: Assessment Is required to participate*

**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. **NOTE: THIS CLASS IS SPECIFICALLY FOR THOSE WHO HAVE TOTAL JOINT SURGERY SCHEDULED AND/OR ARE POST-SURGERY.**

**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 of 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.

**YOGA:** Moving in a flow through yoga postures, incorporating breath, nourishing the soul through movement for all levels, abilities, and body shapes.

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