



August/September  
2021

# Grand Arbor CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15				Indoor Cycling Alice	
6:30		HydroRider Alice (30 min)			
7:30	Aqua Fit Lori		Aqua Fit Lori		Aqua Fit Alice
8:30	Total Knee/Hip Alice	Pilates Nicole	Total Knee/Hip Alice	Pilates Nicole	Total Knee/Hip Alice
9:00	Active Aging Lori	Aqua Fit Lori	Active Aging Kayla	Aqua Fit Kayla	Active Aging Lori
9:30		Stretching & Mindfulness Nicole		Cardio Groove Nicole	
10:00	Total Knee/Hip Alice	Classic Lori	Total Knee/Hip Alice	Classic Lori	Total Knee/Hip Alice
10:00	Rock Steady Boxing Lori (assessment required)	10:30-11:15  Aqua Yoga	Rock Steady Boxing Kayla (assessment required)		Rock Steady Boxing Lori (assessment required)
11:00	Neuro Fit Kayla		Neuro Fit Lori		Neuro Fit Kayla
12:00				HydroRider Kayla (30 min)	Cardio Combo Lori
1:00	Active Aging Lori	Balance Tammy (30 min)	Active Aging Kayla	Balance Tammy (30 min)	Active Aging Tammy
	Neuro Fit Kayla	Gentle Waves Lori	Neuro Fit Lori	Gentle Waves Kayla	Neuro Fit Lori/Kayla
3:00			Working w/Weights Alice		SATURDAY 1-4 FAMILY SWIM  Residents & Employees  ONLY
3:30	HydroRider Alice (30 min)		HydroRider Kayla (30 min)		
4:00	Deep Water Kayla		Deep Water Kayla		
4:15		Whole Body Conditioning Lori	4:30-5:15  Cardio Groove Nicole	Whole Body Conditioning Kayla	
5:30			Yoga 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 with no swimming ability required. A variety of aquatic resistance tools are used to develop strength, balance, and coordination.

**AQUA YOGA:** Flowing gently through yoga postures adapted to the pool, using the water as a tool to create balance, resistance and alignment. Allowing the water to heat our muscles, to deepen stretching and strengthening.

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

**CLASSIC:** This choreographed class will have a variety of exercises designed to increase muscular strength, range of movement and coordination. Hand-held weights, elastic tubing with handles and a ball are used for resistance and a chair is used for seated and/or support.

**CARDIO COMBO:** Moderate to high intensity workout with agility, strength, and resistance all in one class.

**CARDIO GROOVE:** A fitness class consisting of dance and aerobic exercise routines choreographed to a variety of genres and generational music.

**DEEP WATER EXERCISE:** A fun, high tempo class where participants will challenge their core through suspended training, build strength and cardio endurance by using the resistance of the water.

**GENTLE WAVES:** THIS PROGRAM INCORPORATES THE BUOYANCY OF OUR WARM WATER POOL TO A SAFE AND IDEAL ENVIRONMENT FOR RELIEVING ARTHRITIS PAIN AND STIFFNESS. THESE 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.

**INDOOR CYCLING:** A high-intensity class that will improve your cardiovascular fitness and challenge your heart rate. Pedal through hill climbs, sprints, and many other cycling drills. Remember to bring a towel and water bottle!

**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*

**STRETCHING & MINDFULNESS:** Seated guided instruction on straightening/extending muscles to their fullest capabilities while being present in the moment and developing breathing techniques.

**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 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 moderate intensity class will use 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.