



Fall 2019

Grand Arbor CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15			Wake Up Alice		Deep Water Alice
6:30		Hydrorider* Alice		Indoor Cycling Bike Room Alice	
7:30	Aqua Fit Lori		Aqua Fit Nicole		Water Works Jen
8:30		Pilates Jen		Pilates Jen	
9:00	Aqua Fit Alice	Gentle Waves Kayla	Aqua Fit Kayla	Gentle Waves Lori	Aqua Fit Kayla
9:15	Active Aging Lori/Isaac		Active Aging Tammy/Isaac		Active Aging Lori
9:30		Balance Tammy/Nicole		Balance Kayla/Nicole	
10:00	Total Knee/Hip Aqua Class Alice		Total Knee/Hip Aqua Class Alice		Total Knee/Hip Aqua Class Alice
10:30	Rock Steady Boxing (assessment required)				
10:30	Cardio Circuit Nicole		Cardio Circuit Tammy		Classic Lori
11:30	Aqua Yoga Nicole (11:30 - 12:15)		Yoga (11:30 - 12:15)		
Noon				Hydrorider* Kayla	
1:00	Neuro Fit	Gentle Moves	Neuro Fit	Gentle Moves	Neuro Fit
3:00			Working with Weights Alice		SATURDAY FAMILY SWIM 2:00 pm – 4:00 pm Residents & Employees Only (Children will be present)
3:30	Hydrorider* Alice				
4:00	Cycle Fusion Jen Deep Water Alice	HIIT Isaac (3:45 - 4:30)	Water Combo Kayla	HIIT Isaac (3:45 - 4:30)	
4:30		Whole Body Conditioning Lori		Whole Body Conditioning Kayla	
5:30		Yoga Nicole (5:30 - 6:30)			

If there are four or less in the pool, rope may be removed for long laps.

*The Hydrorider Water Class Requires Pre-Registration. No registration required on Thursday.

Nelson Gables CLASS SCHEDULE

9:00	Active Aging Pam/Tammy	Active Aging Pam/Lori	Active Aging Pam/Lori	Active Aging Pam	Active Aging Pam/Tammy
10:30	Classic Pam/Tammy		Classic Lori		Classic Tammy
11:30					Chair Yoga Tammy

Wellness Center Hours: 5:00 am – 12:00 am Daily | Pool Hours: 5:00 am – 10:00 pm
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.

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.

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 MOVES: This seated class helps to improve upper and lower body strength through a variety of movements.

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.

HIIT: Is a training technique in which you give one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

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. **NOTE: THIS IS AN 8 WEEK SESSION & PRE-REGISTRATION IS REQUIRED, EXCEPT FOR THE THURSDAY NOON CLASS!**

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*

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.**

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!

WATER COMBO: This deep/shallow class focuses on strength, cardio using a variety of water levels.

WATER WORKS: 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.

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.

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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