



# The WELLNESS Center

*A Division of George Regional Health System*

## **2022 Spring Schedule**

(January 10 - May 20, 2022)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 a.m.	A.M. YOGA	CARDIO MIX	A.M. YOGA	CARDIO MIX	PILATES
8:30 a.m.	STRENGTH CIRCUITS	POWER YOGA	STRENGTH CIRCUITS	POWER YOGA	
9:30 a.m.	HAPPY HEARTS		HAPPY HEARTS		HAPPY HEARTS
10 a.m.		SIT to be FIT		SIT to be FIT	
10:30 a.m.	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS
4 p.m.	MAX BURN	BODY 360	MAX BURN	BODY 360	
4:45 p.m.	KICK BOXING	P.M. YOGA		P.M. YOGA	
5:30 p.m.	RHYTHM FITNESS		RHYTHM FITNESS	KICK BOXING	

## **CLASS DESCRIPTIONS/INSTRUCTOR**

**AM YOGA (Jen):** Wake your body with a series of stretches and low-impact strength-building exercises. This class is designed to benefit ALL fitness levels.

**CARDIO MIX (Jen):** Tired of the treadmill? This class is a fun way to burn calories and increase your heart rate. A blend of exercises that incorporates bodyweight resistance, this class can benefit ALL fitness levels through various modification options.

**PILATES (Linda):** A mat-based blend of exercises focusing on building core and total body strength/flexibility with seated and standing exercises incorporated, this class is designed to benefit ALL fitness levels.

**POWER YOGA (Jen):** This yoga class focuses on improving full-body strength and flexibility for ALL fitness levels. Beginners are welcome and can always modify movements!

**HAPPY HEARTS (Chestine):** A low-impact, aerobic, and toning class for active agers. It's a fun, happy, and motivating good time that helps to ensure your heart's well-being!

**SILVER SNEAKERS (Diane):** Instructed along with the guidelines of balance, coordination, toning, and flexibility, Silver Sneakers is ALOT OF FUN!! Our senior members can look to improve their posture, memory and well-being. Looking to socialize more and get outside of the house? This class is for you!

**SIT to be FIT (Linda):** Designed to improve flexibility for all fitness levels with a series of seated (chair) exercises, members will also have the option to incorporate mat-based movements and floor exercises.

**PM YOGA (Ramona):** Designed for any fitness level, this yoga-based class calms and restores the body and mind.

**MAX BURN (Rachel):** A fast-paced high-intensity workout that focuses on cardio and bodyweight exercises to improve endurance and burn calories. This class is best suited for intermediate fitness levels.

**BODY 360 (Rachel):** A 30-minute, intense workout, this class utilizes weight resistance to improve strength and endurance for intermediate fitness levels.

**KICKBOXING (Sam):** A class that combines martial art techniques with fast-paced cardio. Kickboxing incorporates cardio calisthenics, upright bag work (punches and kicks), and core strengthening exercise. It's a great calorie burn for all ages!

**RHYTHM FITNESS (Katie):** This fun dance class set to high-energy, motivating music is a calorie-burning good time for all ages!