

# Adult Wellness Schedule

**WINTER 2015**  
January 26 – April 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
5:45 – 6:45 am TRX Circuit (Joni)	6:30 – 7:30 Gentle Stretch Yoga (Bridget)	5:45 – 6:45 am Warrior Flow Yoga (Patty)	7:30 – 8:45 Inspirational Yoga (Paula)	5:45 -6:45 am TRX Circuit (Sangeeta) 6:30 – 7:30 Gentle Stretch Yoga (Bridget)	7:30 – 8:55 Vinyasa Yoga (Rosalee/ Rachel)	7:30 – 8:55 Yoga Mix (Rotation)
7:30 – 8:45 Inspirational Yoga (Paula)	8:45 – 9:45 Balance Training (Yasmin)	7:30 – 8:45 Gentle Flow Yoga (Rosalee)	9-10:15 Step & Tone (Ro)	7:30 – 8:30 Pilates Combo (Mila)	8-9 TRX Circuit (Neil)	9-10 Cardio & Cuts (Rotation)
9-10 Low Impact Power Hour (Ro)	9:15-10:15 Ballet Body Sculpt (Heather) ****NEW!!!!****	9 - 10 Total Body Workout (Mila)	9:30-10:30 Barre Sculpt (Kristin R)	9 - 10 Time Trials (Neil)	9 – 10 Cardio & Cuts (Judy)	9-10 Yoga/Pilates (Jana)
9:15-10:30 Beginner Yoga (Anita)	9:15 – 10:15 Total Body KICK (Amy)	10:00-11:00 Cardio Dance Fusion (Jessica)	10:30 – 11:30 Pilates (Joni)	9-10:25 Alignment Yoga 1/2 (Anita)	9:00-10:00 Barre Sculpt (Kristin R)	10-11 Yoga All Levels (Jana)
10-11 F.I.T. (Sangeeta)	10:45 – 11:45 Chair Yoga (Jana)	11-12 Pilates (Laura E)	11:30 – 12:30 Strength Training for Osteoporosis (R) (Joni)	10:00-11:00 Lyrical/Jazz R (Jessica)	10-11 Zumba (Kristin R)	
11-12 Pilates Combo (Sangeeta)		10:45 – 12 Yoga for Parkinson's/Balance (R) (Karen) *NEW!*		10:30-12 Alignment Yoga 2/3 (Anita)		
				11-12 Chair Yoga (Jana)		
				11:30 – 12:30 Exercise for Parkinson's/Balance (Rob) (R)		
<b>AFTERNOON</b>						
12-1 Light Strength Conditioning (Heather D)	12 – 1 Pilates (Rachel)	12-1 Light Strength Conditioning (Laura E)	12:15 – 1:30 Reiki Healing Circle (Leen)	12 – 1 Light Strength Conditioning (Neil)	12:00-1:30 Belly Dancing – Intermediate R (Marta)	1:30-3:00 Dance Fusion (Greta) R ****NEW!!!!****
Yoga All Levels (Kristin C)	2-3 Strength Training for Osteoporosis (R) (Heather F)	Yoga All Levels (Julie Sch.)	1:45 – 2:45 Gentle Flow Yoga (Leen)	1-2 Mind & Body Movement/ Feldenkrais (Yasmin)	2:00-3:00 Tap - Beginner (Laura) ****NEW!!!!****	
		1:15 – 2:15 Exercise for Parkinson's/Balance (R) (John) *NEW!*				
<b>EVENING</b>						
5:30-6:30 Step & Tone (Aleda)	5:30-6:30 Yoga All Levels (Jana)	5:45 – 6:45 Time Trials (Aleda)	4:30 – 5:30 Chair Yoga (Jana)	5-6 Yoga All Levels (Jana)		<p><b>CLASSES ARE FREE FOR TOTAL FACILITY MEMBERS</b></p> <p><b>R</b> These classes require registration</p> <p><b>WATCH FOR WORKSHOPS AND SPECIAL EVENTS!</b></p>
5:45 – 6:45 Yoga All Levels (Jana)	Barre Sculpt (Kristin R)	6:45 – 7:45 Zumba (Bianca)	5 – 6 Zumba GOLD (Kristin R)	6:15 – 7:15 Zumba Toning (Bianca)		
6:30-7:30 Zumba (Bianca)	Cardio Blast (Gale)	Cuts & Core (Judy)	6-7 Yoga/Pilates (Jana)	7 - 9:30 Young Adult Social for Special Needs Age 20 - 26		
6:45 – 7:45 Yoga/Pilates (Jana)	6:30 – 7:30 Ballet Floor Barre R (Lisa B.)	7-8:15 Restorative, Breath & Meditation Yoga (Sangeeta)	6-7 TRX Circuit (Neil)	7:15 – 8:30 Tai Chi (R) (Richard)		
7-8:15 Tai Chi (R) (Michele)	Cardio & Cuts (Judy)	7:45 – 8:45 Tap - Intermediate R (Bianca)	6:30-7:30 Beg. Karate (R) (Chris/Darren)			
7:45 – 9 Kundalini Yoga (Kathleen) *NEW!*	6:30 – 7:45 Alignment Yoga 1/2 (Anita)	7:45-9:15 Ballet - Beginner R (Heather)	7-8:15 Candlelight Relaxation Yoga (Laura O)			
7:30 – 9:00 Jazz - Intermediate R (Bianca)	7:30 – 9 Ballet -Intermediate R (Lisa B.)		7:00-8:30 Ballroom – Beginner R (Natalia)			
	Belly Dancing R (Marta)		Intermed. Karate (R) (Chris/Darren)			
			8:30 – 9:30 Ballroom - Advanced R (Natalia)			
			8:30-9:30 Jazz – Back To Basics R (Laura) *NEW!*			

## ADULT WELLNESS CLASSES - FREE FOR TOTAL FACILITY MEMBERS

### Alignment Yoga Lev 1/2 - Tu 6:30p, F 9a; Lev 2/3 - F 10:30a

Taught in Iyengar tradition using alignment principles and props to explore maximum benefit and understanding. 1/2 Beg/Int. 2/3 Int/Adv.

### Balance Training Lev 1 Tu 8:45 am

Using the principles of Feldenkrais (Mind & Body movement) develop awareness of the body and improve balance and posture through a variety of gentle sitting, standing and walking exercises

### Ballet Beginner W 7:45p, Intermediate Tu 7:30p

Fundamental ballet technique is taught through the use of barre work, center, across the floor, and choreography. This class uses ballet technique to improve strength, tone and flexibility.

### Ballet Floor Barre Tu 6:30p

A class taught using Floor Barre methods, working on the floor and standing. This class will help improve tone and flexibility. All levels welcome, no experience necessary.

### Ballroom Dance Beginner Th 7:00p Advanced Th 8:30p

Have fun learning the Tango, Jitterbug, Fox Trot and other steps. Learn to lead and follow. A partner is not necessary.

### Ballet Body Sculpt Tu 9:15a \*\*NEW!\*\*

A fusion of sculpting exercises with traditional ballet. This class will begin with a half hour of ballet barre for beginners followed by exercises for the upper body, abdominals, and flexibility. No experience necessary.

### Barre Sculpt Tu 5:30p, Th 9:30a, Sa 9a

Integrates the fat burning format of interval training, the muscle shaping technique of isometrics, and the elongation principles of dance conditioning in one class.

### Beginner Yoga Lev 1 M 9:15a

Basic yoga poses emphasizing alignment to build strength, focus, and breath control.

### Belly Dancing Tu 7:30p, Beginner/Intermediate Sa 12p

Belly up to the barre! Blending many cultural styles, this dance of female expression is based on the ways a woman moves.

### Candlelight Relaxation Yoga All Lev Th 7 p

Enjoy a calming gentle yoga class with the soothing ambiance of candlelight to enhance your asana, meditation and Nidra (deep relaxation) practice

### Cardio Blast Lev 2 Tu 5:30p

A high energy mix of cardiovascular activity with contemporary choreography.

### Cardio & Cuts All levels Tu 6:30p; Sa 9a; Sun 9a

Challenging, fun and produces results; a variety of cardio combinations and strength conditioning with resistance equipment

### Cardio Dance Fusion W 10am

Get fit with a class that fuses the strength and technique of ballet, sharp isolated movements of jazz, and funky steps of hip hop, with a Latin flair. The class begins by focusing on sculpting exercises and leads in to an upbeat cardio workout, the best of both worlds! No prior dance experience necessary.

### Chair Yoga Lev 1 Tu 10:45a; Th 4:30p; F 11a

Modified yoga and strength training, with an emphasis on safe body positions. Most of the stretches are done on or using a chair.

### Cuts & Core All Lev W 6:45p

Use a variety of resistance tools to sculpt and tone, then utilize floor exercises to strengthen core muscles and stretch.

### Dance Fusion Su 1:30p

A 1.5 hour class that fuses jazz dance with ballet, modern, Latin and funk. This class will take you through a series of fitness-like dance exercises that will leave you feeling stronger and centered. An opportunity to explore dance and maintain a healthy lifestyle all in one!

### Exercise for Parkinson's/Balance Lev 1 W 1:15 p (NEW!) F 11:30a

Vigorous but modified exercise to manage symptoms of Parkinson's and Balance disorders taught by Physical Therapist w/ LSVT training. Enhance balance, muscle tone and posture. Registration, Doctor's Note and a certain level of ambulation required.

### F.I.T Lev 2/3 M 10a

FUNctional Interval Training. Always changing practical, multi-plane cardio, strength and endurance training with a variety of equipment. Improve cardio and core strength, coordination, balance, stability and stamina.

### Gentle Flow Yoga All Lev W 7:30a; Th 1:45p

A gently paced yoga class linking breath and movement, designed to improve flexibility, build strength and relax the mind through moving meditation.

### Gentle Stretch Yoga All Lev Tu 6:30a; F 6:30a

Yoga designed for therapeutic and rehabilitative purposes. Slower-paced and modified exercises and poses.

### Inspirational Yoga Lev 1 M 7:30a, Th 7:30a

A slower paced yoga class with poses that emphasize gentle stretching, joint flexibility and improving range of motion.

### Jazz - Back To Basics Th 8:30p \*\*NEW!\*\*

This class is for beginners or for dancers who desire a review - to go back to the basics! This class will begin with a full warm up and carry in to a stretch and across the floor. We will focus on basic body movements and choreography using various styles of jazz.

### Jazz - Intermediate M 7:30p

This class is for students with a fundamental knowledge of basic dance steps. The class will consist of a full warm-up, center stretch, jazz across the floor and choreography. We will focus on body alignment, placement and strength training all while having fun. This class will incorporate all styles of jazz from classic to Broadway to funk!

### Karate Beg. Th 6:30p; Int. Th 7:30p

Develop mental discipline, coordination, flexibility, self-defense skills, strength and poise. Intermediate participants must have at least a yellow belt.

### Kundalini Yoga NEW! All Lev. M 7:45 p

Discover the deep energy center within you with a dynamic blend of yoga postures, movement, prana breathing techniques, mantra, music and meditation, which together teach the art of relaxation, spiritual energy and self-healing.

### Light Strength Conditioning Lev 1 M 12p; W 12p; F 12p

A light weight and gentler workout includes longer warm up, and exercises for strength, balance work and core-building. Modified for all levels and abilities.

### Low-Impact Power Hour All Lev M 9a

Low-impact aerobics, resistance muscle-work with weights, floor work and stretching. Extra safe on joints

### Lyrical/Jazz F 10:00a

This class will focus on both the technical and expressive movements of lyrical, and the isolated and sharp movements of jazz. This class will consist of a full stretch and warm up, across the floor, and choreography.

### Mind & Body Movement/Feldenkrais Lev 1 F 1p

Be more flexible, balanced, and body aware. The lessons using the "Feldenkrais Method" improve your overall wellbeing. Internationally recognized mind/body tradition. Extra safe and gentle.

### Pilates All Lev Tu 12p; W 11a; Th 10:30a

Precise, effective core exercises strengthen the mind-breath-body connection to support daily activities. Develop strong abdominal and back muscles, and improve posture and balance.

### Pilates Combo All Lev M 11a; F 7:30 a

Controlled movements engage the mind/body to strengthen abs & back. Participants use mats, Pilates Rings, Balls, light weights and ballet barre to build all-over strength, while reinforcing correct alignment and proper breathing.

### Reiki Healing Circle All levels Th 12:15p

In a small group setting, reduce mental stress and strengthen the immune system. Increase and balance energy, promote healthy sleep and calmness. The class includes a guided meditation and chair Reiki treatments by a Reiki Healer.

### Restorative, Breath & Meditation Yoga All Lev W 7p

Utilize breath, longer releasing poses, and guided meditation to allow for deeper relaxation, mental and emotional exploration and insight, and personal growth. Modalities include singing bowls, chakra system and inspirational readings. Open your heart and mind to a new journey.

### Strength Training for Osteoporosis Level 1 Tu 2p, Th 11:30a

Exercise safely in order to strengthen muscles and maintain bone health, improve posture, and enhance balance. Work with chairs, free weights and bands. WRITTEN MD Clearance REQUIRED

### Step & Tone Lev 2/3 M 5:30p, Th 9a

A combination of cardiovascular and toning exercises utilizing the adjustable step platform and a variety of strength training modalities.

### Tai-Chi All Lev M 7p; F 7:15p

Feel inner energy flow through your body. Unite mind, body and spirit through productive and healthy self-expression with this ancient discipline of meditative movements.

### Tap Intermediate W 7:45pm, \*\*NEW!\*\* Beginner Sa 2:00pm

This tap class will focus on the fundamentals of tap through the use of specific rhythms and movements. Traditional steps will be coupled with choreography, all while getting a great workout!

### Time Trials Lev 2/3 W 5:45 p, F 9a

Intervals of timed segments of Full Body movements that incorporate different pieces of equipment to keep metabolism spiking throughout the day.

### Total Body KICK Lev 2/3 T 9:15 a

Add a "kick" to your traditional kick-box routine with (optional) wrist weights and other resistance equipment. Includes extra core "piloxing" work

### TRX Circuit Lev 2/3 M 5:45 am, Th 6 pm, F 5:45 am, Sa 8 am

Maximize your workout with intense exercises that leverage your body weight against gravity. Cardio/strength/core training more challenging than any other. Combined with other equipment to keep you moving. Space Limited. **FREE FOR TF MEMBERS**

### Total Body Workout (TBW) Lev 1/2 W 9a

A little bit of everything. Stay fit, healthy, and energetic. These dynamically changing routines work every muscle and keep your body guessing.

### Vinyasa Yoga Lev 2/3 Sa 7:30a

Vinyasa means "to place in a special way." Link body to breath through strength building yoga with flowing sequences. Includes sun salutations.

### Young Adult Social for Special Needs Age 20 - 26 7-9:30 first Friday of the month.

Young adults meet once a month for an evening of fun and camaraderie.

### Warrior Flow Yoga Lev 2/3 W 5:45 am

Challenging *Advanced* level Vinyasa strength and endurance practice to wake you up and feel powerful all day. Knowledge of basic poses recommended

### Yoga All Lev. M 12p, 5:45p; Tu 5:30p; W 12p; F 5p; Su 10a

A gentle Iyengar yoga class. Move into longer held postures with rhythmic breathing to stimulate and release the body and mind to promote well-being.

### Yoga for Parkinson's/Balance (NEW!) Level 1 W. 10:45 a - 12 p

A gentle adaptive yoga class for adults with Parkinson's disease. Taught by an Overlook instructor with specific training. Written MD Clearance and Registration required.

### Yoga/Pilates Lev 2 M 6:45p; Th 6p; Su 9a

Combo class focusing on mindfully strengthening abdominals and back. Begin with Sun Salutations to warm the body, and move into Pilates movements.

### Yoga Mix All Lev Su 7:30a

Experience different styles of yoga weekly with a select rotation of instructors. Enjoy a variety of formats and personalities.

### ZUMBA All levels M 6:30p; W 6:45p; Sa 10a

A Latin-inspired, dance fitness class incorporating Latin and international music and dance movements, creating a dynamic, exciting, and effective fitness session! Sneakers recommended.

### ZUMBA GOLD Lev 1 Th 5 p

Latin and International music inspired dance fitness adapted for the active older adult or for those new to Zumba. All the energy and all the fun. Sneakers recommended.

### ZUMBA TONING All levels F 6:15p

Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Sneakers recommended.