

July 2018 Land Exercises

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30am Fit for Life 10:30am New Back & Body 1pm Posture, Balance & Gait</p>	<p>3</p> <p>11am Chair Yoga 3p ABC Class@ Showalter 3p Ballroom Dance 3p Pickle Ball</p>	<p>4</p> <p>9:30am Fit for Life 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance & Gait</p>	<p>5</p> <p>9:30 am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 3:00 Pickle Ball</p>	<p>6</p> <p>9:30am Fit for Life 10:30 Posture, Balance & Gait</p>
<p>0</p> <p>9:30am Fit for Life 10:30am New Back & Body 1pm Posture, Balance & Gait</p>	<p>10</p> <p>11am Chair Yoga 3p ABC Class@ Showalter 3pm Ballroom Dance 3p Pickle Ball</p>	<p>11</p> <p>9:30am Fit for Life 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance & Gait</p>	<p>12</p> <p>9:30 am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 3:00 Pickle Ball</p>	<p>13</p> <p>9:30am Fit for Life 10:30 Posture, Balance & Gait</p>
<p>16</p> <p>9:30am Fit for Life 10:30am New Back & Body 1pm Posture, Balance & Gait</p>	<p>17</p> <p>11am Chair Yoga 3p ABC Class@ Showalter 3pm Ballroom Dance 3p Pickle Ball</p>	<p>18</p> <p>9:30am Fit for Life 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance & Gait</p>	<p>19</p> <p>9:30am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 3:00 Pickle Ball</p>	<p>20</p> <p>9:30am Fit for Life 10:30 Posture, Balance & Gait</p>
<p>23</p> <p>9:30am Fit for Life 10:30am New Back & Body 1pm Posture, Balance & Gait</p>	<p>24</p> <p>11am Chair Yoga 3p ABC Class@ Showalter 3pm Ballroom Dance 3p Pickle Ball</p>	<p>25</p> <p>9:30am Fitness for Life 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance & Gait</p>	<p>26</p> <p>9:30am New Back Xpress 10:30am Dance for Wellness & Well-being 11am Chair Yoga 3:00 Pickle Ball</p>	<p>27</p> <p>9:30am Fit for Life 10:30 Posture, Balance & Gait</p>
<p>30</p> <p>9:30am Fit for Life 10:30am New Back & Body 1pm Posture, Balance & Gait</p>	<p>31</p> <p>11am Chair Yoga 3p ABC Class@ Showalter 3pm Ballroom Dance 3p Pickle Ball</p>	<p>1</p> <p>9:30am Fit for Life 10:30am Be Kind to your Spine 1:30-12 Be Kind to your Mind 1pm Posture, Balance & Gait</p>	<p>2</p> <p>9:30am New Back Xpress 10:30am Dance for Wellness & Well-being 11am Chair Yoga 3:00 Pickle Ball</p>	<p>3</p> <p>9:30am Fit for Life 10:30 Posture, Balance & Gait</p>

Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor before Starting Any Exercise Program.

Please see a Fitness Center staff member before participating in classes to complete required paperwork

Fit for Life

This class focuses on strength and endurance using weights and greater repetitions. Full range of motion, lower body movements, arms & shoulders to improve every day strength and functionality. Abdominal strengthening exercises will also be included in this class. Will use physio balls, bands & free weights.

Chair Yoga

A yoga class especially for those who find it difficult to get down on the floor. Participants enjoy the benefits of relaxation and increased flexibility from practicing yoga while sitting in a chair. The class will focus on breath work, stretches, supported strengthening poses and meditation.

New Back and Body

Healthy Backs is a class designed for anyone looking to safely & efficiently strengthen their back and body. It is a great way to prevent injuries from happening as well as to rehabilitate. It strategically works your body from head to toe, and works all of your joint's range of motion. This is a blend of weight training, stretching, balance and breathing exercises that leave you feeling better with every class.

POSTURE, BALANCE, GAIT

A class for everyone!!!!!! We work on body mechanics and muscle memory through body weight/awareness and strength training.

Dance for Wellness and Well-being

This class is appropriate for anyone who loves music and desires to explore the healing powers of, and joy within, movement regardless of whether they are living with mobility challenges or not. No dance experience is necessary. The moves explored can be done sitting as well as standing. These classes serve to provide an environment and opportunity for all to enjoy the energizing, enriching and empowering benefits of dance and music in a welcoming community setting.

Be Kind to your Spine

Awareness exercises to connect with the inner core, breathing and breathing & movement coordination. Additionally, this class will incorporate core stabilization with movements of extremities. Functional transitions from quadrupled to standing (slow transitions to minimize blood pressure/vertigo issues).

Be Kind to your Mind

Centering, arriving and checking-in with self. Breathe awareness. Educational learning components, movement, movements with breathing exercises, movement to promote hemispheric integration and neuroplasticity. Stress management, sleep and mood management explorations. Mindful practices.