

**May 2018 Land Exercises**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 10am Ab &amp; Body Sculpt 10:30am New Back &amp; Body 1pm Posture, Balance &amp; Gait</p>	<p>1 9:30am New back Xpress 11am Chair Yoga 12-12:30 Yoga Nidra 3p ABC Class@ Showalter 4p Pickle Ball</p>	<p>2 7:30am Yoga w/Noelle 9:30 Low Impact Aerobics 10am Ab &amp; Body Sculpt 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance &amp; Gait 4:30 Gentle Yoga w/Noelle</p>	<p>3 9:30 am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 1:00 Rejuvenation 4:00 Pickle Ball</p>	<p>4 10am Ab &amp; Body Sculpt 10:30 Balance, Posture &amp; Gait 11:30am Floor, Core, &amp; More</p>
<p>7 10am Ab &amp; Body Sculpt 10:30am New Back &amp; Body 1pm Posture, Balance &amp; Gait</p>	<p>8 9:30am New back Xpress 11am Chair Yoga 3p ABC Class@ Showalter 4p Pickle Ball</p>	<p>9 7:30am Yoga w/Noelle 9:30 Low Impact Aerobics 10am Ab &amp; Body Sculpt 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance &amp; Gait 4:30 Gentle Yoga w/Noelle</p>	<p>10 9:30 am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 1:00 Rejuvenation 4:00 Pickle Ball</p>	<p>11 9:30am Cardio Dance Party 10am Ab and Body Sculpt 10:30am Balance, Posture &amp; Gait 11:30am Floor, Core, &amp; More</p>
<p>14 10am Ab and Body Sculpt 10:30am New Back &amp; Body 1pm Posture, Balance &amp; Gait</p>	<p>15 9:30am New Back Xpress 11am Chair Yoga 3p ABC Class@ Showalter 4p Pickle Ball</p>	<p>16 7:30am Yoga w/Noelle 9:30 Low Impact Aerobics 10am Ab and Body Sculpt 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance &amp; Gait 4:30 Gentle Yoga w/Noelle</p>	<p>17 9:30am New Back Xpress 10:30am Dance for Wellness and Well-being 11am Chair Yoga 1:00 Rejuvenation 4:00 Pickle Ball</p>	<p>18 9:30am Cardio Dance Party 10am Ab and Body Sculpt 10:30am Balance, Posture &amp; Gait 11:30am Floor, Core, &amp; More</p>
<p>21 10am Ab &amp; Body Sculpt 10:30am New Back &amp; Body 1pm Posture, Balance &amp; Gait</p>	<p>22 9:30am New Back Xpress 11am Chair Yoga 3p ABC Class@ Showalter 4p Pickle Ball</p>	<p>23 7:30am Yoga w/Noelle 9:30 Low Impact Aerobics 10am Ab &amp; Body Sculpt 10:30am Be Kind to your Spine 11:30-12 Be Kind to your Mind 1pm Posture, Balance &amp; Gait 4:30 Gentle Yoga w/Noelle</p>	<p>24 9:30am New Back Xpress 10:30am Dance for Wellness &amp; Well-being 11am Chair Yoga 1:00 Rejuvenation 4:00 Pickle Ball</p>	<p>25 9:30am Cardio Dance Party 10am Ab &amp; Body Sculpt 10:30am Balance, Posture &amp; Gait 11:30am Floor, Core, &amp; More</p>
<p>28 10am Ab and Body Sculpt 10:30am New Back &amp; Body 1pm Posture, Balance &amp; Gait</p>	<p>29 9:30am New Back Xpress 11am Chair Yoga 3p ABC Class@ Showalter 4p Pickle Ball</p>	<p>30 7:30am Yoga w/Noelle 9:30 Low Impact Aerobics 10am Ab &amp; Body Sculpt 10:30am Be Kind to your Spine 1:30-12 Be Kind to your Mind 1pm Posture, Balance &amp; Gait 4:30 Gentle Yoga w/Noelle</p>	<p>31 9:30am New Back Xpress 10:30am Dance for Wellness &amp; Well-being 11am Chair Yoga 1:00 Rejuvenation 4:00 Pickle Ball</p>	<p>1 9:30am Cardio Dance Party 10am Ab &amp; Body Sculpt 10:30am Balance, Posture &amp; Gait 11:30 Floor, Core &amp; More</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\***

### **Ab and Body Sculpt**

This class focuses on strength and endurance using lighter weights and greater repetitions. These exercises are great for those getting started in resistance training. Abdominal strengthening exercises will also be included in this class.

### **Cardio Dance Party Workout**

Dance your way into shape! This fun, high energy class includes popular styles to keep you moving!

### **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. Breath 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.