

March Land Exercise Classes 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<p>2 9am Fit for Life 10am Svaroopaa Yoga - Magic 4 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4pm Mindful Meditation</p>	<p>3 8am Tai Chi 11am Chair Yoga- 12pm RSB (Group 1) 1pm RSB (Group 2)</p>	<p>4 7:30am Gentle Yoga 9am Fit for Life 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4:15-5:45 Mindful Flow</p>	<p>5 10:30am Moving with Music 11am Chair Yoga 12pm RSB (Group1) 1pm RSB (Group 2) 2pm Tai Chi 3pm Pickle Ball</p>	<p>6 9am Fit for Life 10:30 Recharge Qigong 2pm Posture, Balance, & Gait 2:45 Dubner's Disco</p>	<p>7 11:30am Kundalini Yoga</p>
<p>9 9am Fit for Life 10am Svaroopaa Yoga - Magic 4 11am Recharge Qigong 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4pm Mindful Meditation</p>	<p>10 8am Tai Chi 11am Chair Yoga 12pm RSB (Group 1) 1pm RSB (Group 2) 3pm Ballroom Dance</p>	<p>11 7:30am Gentle Yoga 9am Fit for Life 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4:15-5:45 Mindful Flow</p>	<p>12 10:30am Moving with Music 11am Chair Yoga 12pm RSB (Group1) 1pm RSB (Group 2) 3pm Pickle Ball</p>	<p>13 9am Fit for Life 10:30 Recharge Qigong 2pm Posture, Balance, & Gait 2:45 Dubner's Disco</p>	<p>14 11:30am Kundalini Yoga</p>
<p>16 9am Fit for Life 10am Svaroopaa Yoga - Magic 4 11am Recharge Qigong 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4pm Mindful Meditation</p>	<p>17 8am Tai Chi 11am Chair Yoga 12pm RSB (Group 1) 1pm RSB (Group 2) 3pm Ballroom Dance</p>	<p>18 7:30am Gentle Yoga 9am Fit for Life 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4:15-5:45 Mindful Flow</p>	<p>19 10:30am Moving with Music 11am Chair Yoga 12pm RSB (Group1) 1pm RSB (Group 2) 2pm Tai Chi 3pm Pickle Ball</p>	<p>20 9am Fit for Life 10:30 Recharge Qigong 2pm Posture, Balance, & Gait 2:45 Dubner's Disco</p>	<p>21 11:30am Kundalini Yoga</p>
<p>23 9am Fit for Life 10am Svaroopaa Yoga - Magic 4 11am Recharge Qigong 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4pm Mindful Meditation</p>	<p>24 8am Tai Chi 11am Chair Yoga 12pm RSB (Group 1) 1pm RSB (Group 2) 3pm Ballroom Dance</p>	<p>25 7:30am Gentle Yoga 9am Fit for Life 12pm RSB (Group 3) 1pm RSB (Group 4) 2pm Posture, Balance, & Gait 4:15-5:45 Mindful Flow</p>	<p>26 10:30am Moving with Music 11am Chair Yoga 12pm RSB (Group1) 1pm RSB (Group 2) 2pm Tai Chi 3pm Pickle Ball</p>	<p>27 9am Fit for Life 10:30 Recharge Qigong 2pm Posture, Balance, & Gait 2:45 Dubner's Disco</p>	<p>28 11:30am Kundalini Yoga</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. Will use physio balls, bands & free weights.

Chair Yoga ★

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.

Posture, Balance, & Gait ★★

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

Moving with Music ★

This class is appropriate for anyone who loves music and desires to explore the healing movement. No experience is necessary. Class can be done sitting as well as standing. Enjoy the energizing, enriching, and empowering benefits of movement and music in a welcoming community setting.

Rock Steady Boxing (RSB) ★★ ★

RSB is a world-renowned program designed for those with Parkinson's. RSB exercises are largely based off of boxing drills. Classes will work on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents associated with Parkinson's.

Ballroom Dance ★★

Led by Sapphire dance studio, this class meets weekly to develop and expand upon various ballroom dance styles. No previous experience with ballroom dance necessary.

Tai Chi ★

If you are looking for a way to relieve stress, this class is perfect for you! Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Rejuvenation Qigong ★★ ★

This class will combine movements using the whole body. Movements contain repetitions allowing body memory to comfortably reset into proper alignment. Both Longevity Qigong (*using copper rods*) and Precision Qigong (*standing or sitting*) are offered.

Gentle Yoga ★

This class utilizes floor techniques to the core, low back and entire body under the guidance of Noelle Dijoud.

Mindful Flow ★★

Intermediate yoga.

Kundalini Yoga

Moderate to advanced yoga practice. Includes mat and standing positions.

Level of Difficulty:	
Easy	★
Moderate	★★
Advanced	★★★