

June Land Exercise Classes 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Saturday |
|---|---|--|---|--|------------------------------------|
| 30 CLOSED FOR MEMORIAL DAY | 31 9am Fit for Life 11am PB&G (level 2) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball | 1 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 3pm Music & Wellness (Sign-up required) | 2 9am Fit for Life 11am PB&G (level 2) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball 3:30 Line Dancing | 3 10am PB&G (level1) 12pm Chair Yoga | 4 *Open Gym* |
| 6 9am Mobility&Strength 10am PB&G (level1) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class 3:30 Meditation | 7 9am Fit for Life 11am PB&G (level 2) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball | 8 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) | 9 9am Fit for Life 11am PB&G (level 2) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball 3:30 Line Dancing | 10 10am PB&G (level1) 12pm Chair Yoga | 11 *Open Gym* |
| 13 9am Mobility&Strength 10am PB&G (level1) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class 3:30 Meditation | 14 9am Fit for Life 11am PB&G (level 2) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball | 15 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) <u>3pm Music & Wellness</u> <u>(sign up required)—</u> <u>make-up date for 6/1</u> | 16 9am Fit for Life 11am PB&G (level 2) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball 3:30 Line Dancing | 17 10am PB&G (level1) 12pm Chair Yoga | 18 *Open Gym* |
| 20 9am Mobility &Strength 10am PB&G (level1) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class | 21 9am Pickle Ball 9am Fit for Life 11am PB&G (level 2) 12pm Chair Yoga 1pm RSB (Group 2) | 22 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) | 23 9am Pickle Ball 9am Fit for Life 11am PB&G (level 2) 1pm RSB (Group 2) 2pm RSB (Group 1) | 24 8am Floor Yoga 10 am PB&G (Level1) 12pm Chair Yoga | 25 *Open Gym* |

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| 3:30 Meditation | 2pm RSB (Group 1) | | 3:30 Line Dancing | | |
| 27 9am Mobility & Strength 10am PB&G (level 1) 11am RSB (group 3) 1pm RSB (group 4a) 2:30pm Tap Class 3:30 Meditation | 28 9am Pickle Ball 9am Fit for Life 11am PB&G (level 2) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3:30pm Tap Class | 29 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) | 30 9am Pickle Ball 9am Fit for Life 11am PB&G (level 2) 1pm RSB (Group 2) 2pm RSB (Group 1) 3:30 Line Dancing | 1 8am Floor Yoga 10am PB&G (level 1) 12pm Chair Yoga 3pm Yoga W/Val | 2 *Open Gym * 9am Pickle Ball |

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.

Mobility & Strength ★★

Segments include: Qigong, Tai Chi, Yoga, Breath work, aerobic, balance, stretch, and strength exercises to restore, rebuild and repair.

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.

Floor Yoga ★

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

June 2022

Posture, Balance, & Gait (Level 2) ★★

A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training.

Posture, Balance, & Gait (Level 1) ★

A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training. Most exercises are done by the bar or seated, as this class is designed for our less balanced folks.

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.

Tap Dance ★★

Learn basic steps, rhythms and hand motions for theatrical tap. Benefits include better balance, stamina and range of motion. WHV Tap Club is for members to reconnect with their community in an environment of encouragement and ageless play. Pre-registration is required. If needed, assessment of this class should be consulted with your doctor if there are questions about mobility issues. If you have questions contact Mardy at mbaker@warmhearth.org.

Mindful Meditation ★

This resident led class will allow you to learn the techniques of meditation and leave class feeling better than you arrived.

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.

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

June 2022

Music and Wellness: Rhythmic Self-Care and Community Care

The first Wed of each month, 3 – 3:45 pm at the Village Center in the Fitness Room

In this offering you will be invited to explore the practical healing power of music, movement, and mindfulness in a playful environment. The intention of this hands-on, experiential program is to give participants tools and strategies to help promote brain health, support mental well-being, provide stress relief, and encourage social connection. We will be using beginner friendly music-based techniques. No previous musical skill or experience required. Just bring your open mind and playful heart.

We will be playing with mindful movement that can be done seated or standing, tapping into our own innate rhythmic creativity using body percussion and easy to use percussive instruments, and exploring simple breath practices that can help quiet the mind while soothing the spirit.

This experience will be facilitated by Jennifer Speiden who is a certified yoga therapist, is trained as a Brain Longevity® Specialist from the Alzheimer's Research and Prevention Foundation, has completed the Music and Wellness training with Jim Donovan, and has a MS in Physical Therapy.

15 person Max on this class, please call Fitness Center to sign up: 540-443-3474

Line Dancing for Fun & Fitness – Thursdays, 3:30-4:30, Fitness Studio, Village Center (Starting in May!)

“Join Mardy for the most fun you’ll have all week! Line Dancing for Fitness & Fun is a casual but active class that will get you moving and smiling. Learn beginning line dances like The Cupid Shuffle, Boot Scoot’n Boogie, Macarena and the Electric Slide. These beginning line dances don’t need a partner, just the ability to have a blast dancing your afternoon off. Feel free to dress the part with twirly skirts and cowboy hats, or just your regular duds.