

January Land Exercise Classes 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
2 9am Mobility&Strength 10am PB&G (level 2) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3:30 Tap Class 3:30 Taiji for Wellness	3 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga for Well-Being 1pm RSB (Grou2p 2) 2pm Pickle Ball 2pm RSB (Group 1)	4 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball	5 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3:15 Line Dancing	6 8am Floor Yoga 10 am PB&G (Level 2) 11am Mindful Therapeutic Movement 12pm Chair Yoga for Well-Being 2pm Pickle Ball	7 *Open Gym* 2pm Pickle Ball
9 9am Mobility&Strength 10am PB&G (level 2) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3:30 Tap Class 3:30 Taiji for Wellness	10 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga for Well-Being 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1)	11 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball	12 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3:15 Line Dancing	13 8am Floor Yoga 10 am PB&G (Level 2) 11am Mindful Therapeutic Movement 12pm Chair Yoga for Well-Being 2pm Pickle Ball	14 *Open Gym* 2pm Pickle Ball
16 9am Mobility&Strength 10am PB&G (level 2) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3:30 Tap Class 3:30 Taiji for Wellness	17 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga for Well-Being 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1)	18 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball	19 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3:15 Line Dancing	20 8am Floor Yoga 10 am PB&G (Level 2) 11am Mindful Therapeutic Movement 12pm Chair Yoga for Well-Being 2pm Pickle Ball	21 *Open Gym* 2pm Pickle Ball
23 9am Mobility &Strength 10am PB&G (level 2) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3:30 Tap Class 3:30 Taiji for Wellness	24 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga for Well-Being 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1)	25 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3pm Creative Aging Café (TOH)	26 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3:15 Line Dancing	27 8am Floor Yoga 10 am PB&G (Level 2) 11am Mindful Therapeutic Movement 12pm Chair Yoga for Well-Being 2pm Pickle Ball	28 *Open Gym* 2pm Pickle Ball

<p>30 9am Mobility & Strength 10am PB&G (level 2) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball 3:30 Tap Class 3:30 Taiji for Wellness</p>	<p>31 9am Fit for Life 11am PB&G (level 1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3pm Fundamentals of Tap Dance</p>	<p>1 9am Qigong 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickle Ball</p>	<p>2 9am Fit for Life 11am PB&G (level 1) 1pm RSB (Group 2) 2pm Pickle Ball 2pm RSB (Group 1) 3:15 Line Dancing</p>	<p>3 8am Floor Yoga 10 am PB&G (Level 2) 11am Mindful Therapeutic Movement 12pm Chair Yoga for Well-Being 2pm Pickle Ball</p>	<p>4 *Open Gym* 2pm Pickle Ball</p>
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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

Level of Difficulty:

Easy ★

Moderate ★★

Advanced ★★★

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.

Pickle Ball

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and whiffle ball. It is a game that is appropriate for players of all ages and skill levels. If interested, please contact Roland Byrd via email (byrdrolandw@gmail.com) to get updates on play times and weather related cancellations. Beginning in July, Non-members will be able to purchase a monthly pickleball pass for \$40. Please see someone in Fitness to purchase.

Mobility & Strength ★ ★

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

Chair Yoga for Well- Being ★

This class offers a chair supported approach to yogic movement, breathwork, and mindfulness. We explore tools to help one feel better in their body, build balance and stability, manage their energy levels, and learn how to skillfully support one's brain health and mental well-being as one ages. In this class, movements will be in a chair and standing. Anything done standing will also have a seated option provided. We will **not** be transitioning to the floor.

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Floor Yoga ★

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

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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Yoga for Well-Being

This yoga class weaves together movement, breathwork, and mindfulness to help support body-heart-mind health. In this class, movements and pose options will include the following positions: standing, hands and knees (a chair option will be offered if being on hands and knees is not an option in your body at this time), and lying down on the floor on your belly, sides, and back. **This class is structured for individuals who can easily get up and down from the floor independently.** Please bring a yoga mat if you have one.

Line Dancing for Fun & Fitness

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.

Taiji for Wellness

Each two-part class starts with 45 minutes of qigong exercises and meditation designed to improve balance, coordination and range of motion. With regular practice participants will also experience increased strength. It is suitable for all ability levels. Following a 5-minute break, those wishing to learn taiji form (choreography) and simple partner work will train for an additional 25 minutes. Taiji forms practice will include the Hunyuan Taijiquan 13- and 24-Forms. Former qigong or taiji experience will be helpful for form and partner training.

Mindful Therapeutic Movement

This class weaves yoga and somatic practices, as well as, functional and therapeutic movement approaches to support greater awareness, self-compassion, and body-mind strength to help support one's physical, mental and emotional well-being and resilience. In this class, movements and pose options will include the following: standing, hands and knees (a chair will be offered if being on hands and knees is not an option to your body at this time), and lying down on the floor on your belly, sides, and back.