

November Land Exercise Classes 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
30 10am PB&G <i>(Beginner)</i> 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness 4pm Croquet	31 9am Fit for Life 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3pm Basic Tap 4pm Croquet	1 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> All land Classes Cancelled Today. </div>	2 9am Fit for Life 11am PB&G <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3:15 Line Dancing 4pm Croquet	3 10 am PB&G <i>(Beginner)</i> 11am Mat Yoga for Well-Being 12pm Chair Yoga 2pm Pickleball 4pm Croquet	4 <div style="text-align: center; font-weight: bold;"> *Open Gym* 2pm Pickleball 4pm Croquet </div>
6 10am PB&G <i>(Beginner)</i> 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness 4pm Croquet	7 9am Fit for Life 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3pm Basic Tap 4pm Croquet	8 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 4pm Croquet	9 9am Fit for Life 11am PB&G <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3:15 Line Dancing 4pm Croquet	10 10 am PB&G <i>(Beginner)</i> 11am Mat Yoga for Well-Being 12pm Chair Yoga 2pm Pickleball 4pm Croquet	11 <div style="text-align: center; font-weight: bold;"> *Open Gym* 2pm Pickleball 4pm Croquet </div>
13 9am Mobility&Strength 10am PB&G <i>(Beginner)</i> 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness 4pm Croquet	14 9am Fit for Life 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3pm Basic Tap 4pm Croquet	15 9am Qigong 10am Qigong for Starters 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 4pm Croquet	16 9am Fit for Life 11am PB&G <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball 3:15 Basics of Ballroom Dance (Sign up Required) 4pm Croquet	17 10 am PB&G <i>(Beginner)</i> 11am Mat Yoga for Well-Being 12pm Chair Yoga 2pm Pickleball 4pm Croquet	18 <div style="text-align: center; font-weight: bold;"> *Open Gym* 2pm Pickleball 4pm Croquet </div>
20 9am Mobility&Strength 10am PB&G <i>(Beginner)</i> 11am RSB (group 3)	21 9am Fit for Life 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1)	22 9am Qigong 10am Qigong for Starters 11am RSB (group 3) 1pm RSB (group 4a)	23 <div style="text-align: center; color: red; font-weight: bold;"> Fitness Center Closed 23rd- 25th. Happy Thanksgiving!! </div>	24 <div style="text-align: center; color: red; font-weight: bold;"> Fitness Center Closed 23rd- 25th. Happy Thanksgiving!! </div>	25 <div style="text-align: center; color: red; font-weight: bold;"> Fitness Center Closed 23rd- 25th. Happy Thanksgiving!! </div>

Chair Yoga for Well-Being ★

This class offers a chair supported approach to yogic movement, breath work, 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.

Floor Yoga ★ ★

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

Posture, Balance, & Gait (Advanced) ★ ★

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

Posture, Balance, & Gait (Beginner) ★

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.

Basic Tap ★ ★

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.

November 2023

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 ★★★

Based on the Hun Yuan Taijiquan-style (focused on the circling or spiraling principles of taiji practice), each two-part class starts with 45 minutes of meditative walking, qigong exercises and simple partner work to improve balance, coordination and range of motion. With regular practice participants will also experience increased strength and learn to relax deeply. The first part of class is suitable for most ability levels; targeted to those able to stand and move without assistive devices. The second part of class teaches taiji form (choreography), including the Hunyuan 13- and 24-Forms. The ability to learn and practice complex choreography is required for the last 30-minutes of this weekly class.

Mat Yoga for Well-Being ★★

This yoga class weaves together movement, breath work, 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.

Basics of Ballroom Dance (This is a temporary class and prior registration is required as spots are limited to 18)

Tired of sitting down while great music is playing? Sign up for a class that will get you gliding across the floor at your next party or concert. We will cover the foundations of 2-3 classic Ballroom Dances like Waltz, Tango, Swing, or Rumba (the class will choose the styles!) while improving your balance, rhythm, and coordination at the same time. This is a 4 session class, so you will get the chance to practice and refine what you learn over and over again. If you have to miss a week, it's still worth it. You will be able to catch up on material in the next class because we always review. A lighthearted environment and lots of instructor attention will make learning fun and will get you dancing comfortably, even if you never have before. This class is perfect for new dancers and previous dancers who want to polish their fundamental skills. Partners are useful, but not required! **Sign up through WHV Fitness.**