

February Land Exercise Classes 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	<p>9am Fit for Life 11am PB&G (Advanced) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball</p>	<p>1 9am Fit for Life 11am PB&G (Advanced) 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>2 10 am PB&G (Beginner) 11 am Chair Yoga 12 pm Mat Yoga 2pm Pickleball</p>	<p>3 *Open Gym* 10:30-1:30 Pickleball Indoors</p>
<p>5 9am Mobility&Strength 10am PB&G(Beginner) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness</p>	<p>6 9am Fit for Life 11am PB&G (Advanced) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>7 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball</p>	<p>8 9am Fit for Life 11am PB&G (Advanced) 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>9 10 am PB&G (Beginner) 11 am Chair Yoga 12 pm Mat Yoga 2pm Pickleball</p>	<p>10 *Open Gym* 2pm Pickleball</p>
<p>12 9am Mobility&Strength 10am PB&G(Beginner) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness</p>	<p>13 9am Fit for Life 11am PB&G (Advanced) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>14 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball</p>	<p>15 9am Fit for Life 11am PB&G (Advanced) 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>16 10 am PB&G (Beginner) 11 am Chair Yoga 12 pm Mat Yoga 2pm Pickleball</p>	<p>17 *Open Gym* 2pm Pickleball</p>
<p>19 9am Mobility&Strength 10am PB&G(Beginner) 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball 3:30 Taiji for Wellness</p>	<p>20 9am Fit for Life 11am PB&G (Advanced) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>21 11am RSB (group 3) 1pm RSB (group 4a) 2pm Pickleball</p>	<p>22 9am Fit for Life 11am PB&G (Advanced) 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball</p>	<p>23 10 am PB&G (Beginner) 11 am Chair Yoga 12 pm Mat Yoga 2pm Pickleball</p>	<p>24 *Open Gym* 2pm Pickleball</p>

<p>26 9am Mobility&Strength 10am PB&G(<i>Beginner</i>) 11am RSB (<i>group 3</i>) 1pm RSB (<i>group 4a</i>) 2pm Pickleball 3:30 Taiji for Wellness</p>	<p>27 9am Fit for Life 11am PB&G (<i>Advanced</i>) 12pm Chair Yoga 1pm RSB (<i>Group 2</i>) 2pm RSB (<i>Group 1</i>) 2pm Pickleball</p>	<p>28 11am RSB (<i>group 3</i>) 1pm RSB (<i>group 4a</i>) 2pm Pickleball</p>	<p>29 9am Fit for Life 11am PB&G (<i>Advanced</i>) 1pm RSB (<i>Group 2</i>) 2pm RSB (<i>Group 1</i>) 2pm Pickleball</p>	<p>1 10 am PB&G (<i>Beginner</i>) 11 am Chair Yoga 12 pm Mat Yoga 2pm Pickleball</p>	<p>2 *Open Gym* 2pm Pickleball</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 ★★★

Basic Tap and Line Dancing are set to resume in March

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 most skill levels. If interested, please contact Roland Byrd via email (byrdrolandw@gmail.com) to get updates on play times and weather related cancellations.

Non-members can purchase a monthly pickleball pass for \$40. Please see someone in Fitness to purchase.

February 2024

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, 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.

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.

Mindful Meditation ★

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

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.