

# May Land Exercise Classes 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<b>29</b> 10am PB&G( <i>Beginner</i> ) 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> ) 3:30 Taiji for Wellness	<b>30</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> ) 12pm Chair Yoga 1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> )	<b>1</b> 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> )	<b>2</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> )  1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> ) 3:30 Timeless Tappers	<b>3</b> 10 am PB&G ( <i>Beginner</i> ) 10am Pickleball 11 am Chair Yoga 12 pm Mat Yoga	<b>4</b>  <b>*Open Gym*</b>  10am Pickleball
<b>6</b> 10am PB&G( <i>Beginner</i> ) 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> ) 3:30 Taiji for Wellness	<b>7</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> ) 12pm Chair Yoga 1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> ) 3:30 Dancing Divas	<b>8</b> 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> )	<b>9</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> )  1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> ) 3:30 Timeless Tappers	<b>10</b> 10 am PB&G ( <i>Beginner</i> ) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>11</b>  <b>*Open Gym*</b>  10am Pickleball
<b>13</b> 10am PB&G( <i>Beginner</i> ) 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> ) 3:30 Taiji for Wellness	<b>14</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> ) 12pm Chair Yoga 1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> ) 3:30 Dancing Divas	<b>15</b> 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> )	<b>16</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> )  1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> ) 3:30 Timeless Tappers	<b>17</b> 10 am PB&G ( <i>Beginner</i> ) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>18</b>  <b>*Open Gym*</b>  10am Pickleball
<b>20</b> 10am PB&G( <i>Beginner</i> ) 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> ) 3:30 Taiji for Wellness	<b>21</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> ) 12pm Chair Yoga 1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> )	<b>22</b> 10am Pickleball 11am RSB ( <i>group 3</i> )  1pm RSB ( <i>group 4a</i> )	<b>23</b> 9am Fit for Life 10am Pickleball 11am PB&G ( <i>Advanced</i> )  1pm RSB ( <i>Group 2</i> ) 2pm RSB ( <i>Group 1</i> )	<b>24</b> <del>10 am PB&amp;G (<i>Beginner</i>)</del> 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga 1:15 Rhythm Playground (TOH)	<b>25</b>  <b>**Closed for Memorial Day**</b>

	3:30 Dancing Divas		3:30 Timeless Tappers		
<b>27</b> <b>**Closed for Memorial Day**</b>	<b>28</b> 9am Fit for Life 10am Pickleball 11am PB&G (Advanced) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3:30 Dancing Divas	<b>29</b> 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a)	<b>30</b> 9am Fit for Life 10am Pickleball 11am PB&G (Advanced)  1pm RSB (Group 2) 2pm RSB (Group 1) 3:30 Timeless Tappers	<b>31</b> 10 am PB&G (Beginner) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>1</b> <b>*Open Gym*</b> 10am Pickleball

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 May 2024\***

May 2024

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.

### 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.

### 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.

### 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.

May 2024

### 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.

### Dancing Divas ★★★

This class is all about fun! Learn easy move routines to upbeat music for cardio fun. Using basic dance steps and upper arm motions to music you know and love. This class will build each week, with a segment of new movement teaching weekly. Drop in-outs are okay and class is designed for men and women. 45 minute class.

### Timeless Tappers ★★☆☆

Beginner to intermediate tap skills class focusing on combination steps to improve balance and memory. Class will teach and repeat shortened combinations to music with use of some hand props for advanced eye hand coordination. 45 minute class.

### **\*Rhythm Playground 1:15pm \***

#### **Pre-registration required**

Come join Linda Macchia of the Beat Goes On for this all-levels drum class where you will learn how to connect to your natural rhythm and weave it with others to create a playful community rhythm tapestry. She will be teaching the basics of West African hand drumming, and the rhythms shared will be on the West African djembe style drum. Beginners are welcome, and no previous drum experience or musical training is necessary.

**When:** Fridays, March 8, April 12, and May 24, 1:15 – 2:30 pm

**Where:** Tall Oaks Hall

**Cost:** Free for Warm Hearth residents and Fitness Center members, \$12 for other participants.

**Pre-registration required.** If you have a djembe drum, please bring it with you. Linda has some extras you can borrow for the class. If you need a drum, please let us know when you register for the event.

May 2024