

# September Land Exercise Classes 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<b>2</b>  <p style="color: red; text-align: center;">CLOSED FOR LABOR DAY</p>	<b>3</b> 9am Fit for Life 10am Pickleball 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>4</b> 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a)	<b>5</b> 9am Fit for Life 10am Pickleball 11am PB&G <i>(Advanced)</i>  1pm RSB (Group 2) 2pm RSB (Group 1)	<b>6</b> 10 am PB&G (Beginner) 10am Pickleball <del>11 am Chair Yoga</del>  12 pm Mat Yoga	<b>7</b>  <p style="font-size: 1.2em; font-weight: bold;">*Open Gym*</p> <p style="color: green;">10am Pickleball</p>
<b>9</b> 10am PB&G(Beginner) 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a) 3:30 Taiji for Wellness	<b>10</b> 9am Fit for Life 10am Pickleball 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>11</b> 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a)	<b>12</b> 9am Fit for Life 10am Pickleball <del>11am PB&amp;G</del> <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>13</b> 10 am PB&G (Beginner) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>14</b>  <p style="color: red; font-size: 1.5em; font-weight: bold;">CLOSED</p>
<b>16</b> 10am PB&G(Beginner) 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a) 3:30 Taiji for Wellness	<b>17</b> 9am Fit for Life 10am Pickleball <del>11am PB&amp;G</del> <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>18</b> 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a)	<b>19</b> 9am Fit for Life 10am Pickleball <del>11am PB&amp;G</del> <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>20</b> 10 am PB&G (Beginner) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>21</b>  <p style="font-size: 1.2em; font-weight: bold;">*Open Gym*</p> <p style="color: green;">10am Pickleball</p>
<b>23</b> 10am PB&G(Beginner) 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a) 3:30 Taiji for Wellness	<b>24</b> 9am Fit for Life 10am Pickleball 11am PB&G <i>(Advanced)</i> 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>25</b> 10am Pickleball 11am RSB (group 3)  1pm RSB (group 4a)	<b>26</b> 9am Fit for Life 10am Pickleball 11am PB&G <i>(Advanced)</i> 1pm RSB (Group 2) 2pm RSB (Group 1)	<b>27</b> 10 am PB&G (Beginner) 10am Pickleball 11 am Chair Yoga  12 pm Mat Yoga	<b>28</b>  <p style="font-size: 1.2em; font-weight: bold;">*Open Gym*</p> <p style="color: green;">10am Pickleball</p>

<p><b>30</b>  <del>10am PB&amp;G (Beginner)</del>                  10am Pickleball                  11am RSB (group 3)                   1pm RSB (group 4a)                  3:30 Taiji for Wellness</p>	<p><b>1</b>  <del>9am Fit for Life</del>                  10am Pickleball                  11am PB&amp;G (Advanced)                  12pm Chair Yoga                  1pm RSB (Group 2)                  2pm RSB (Group 1)</p>	<p><b>2</b>                  10am Pickleball                  11am RSB (group 3)                   1pm RSB (group 4a)</p>	<p><b>3</b>  <del>9am Fit for Life</del>                  10am Pickleball  <del>11am PB&amp;G (Advanced)</del>                  1pm RSB (Group 2)                  2pm RSB (Group 1)</p>	<p><b>4</b>  <del>10 am PB&amp;G (Beginner)</del>                  10am Pickleball                  11 am Chair Yoga                   12 pm Mat Yoga</p>	<p><b>5</b>                  *Open Gym*                   10am 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 ★★★

**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.

**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.

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### 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.

### 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.