OCTOBER LAND EXERCISE CLASS SCHEDULE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 10am PB&G *(Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	29 9am Fit for Life 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	30 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	1 9am Fit for Life 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	2 10am PB&G *(Beginner)* 2pm Pickleball	3
5 10am PB&G *(Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	6 9am Fit for Life 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball	7 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	8 9am Fit for Life 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	9 10am PB&G *(Beginner)* 2pm Pickleball 2pm Partner Dancing Sampler	10 10:30am Yoga for Well-Being 2pm Pickleball
12 10am PB&G *(Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	13 9am Fit for Life 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	14 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	15 9am Fit for Life 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	16 10am PB&G *(Beginner)* 2pm Pickleball 2pm Partner Dancing Sampler	17 *Open Gym* 2pm Pickleball
19 10am PB&G *(Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	20 9am Fit for Life 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	21 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	22 9am Fit for Life 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	23 10am PB&G *(Beginner)* 2pm Pickleball 2pm Partner Dancing Sampler	24 10:30am Yoga for Well-Being 2pm Pickleball

October 2026

26 10am PB&G(*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	27 9am Fit for Life 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	28 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	29 9am Fit for Life 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	30 10am PB&G *(Beginner)* 2pm Pickleball 2pm Partner Dancing Sampler	31 *Open Gym* 2pm Pickleball

Warm Hearth Fitness Center always recommends you speak with your doctor <u>BEFORE</u> starting any exercise program.

Please see a Fitness Center staff member before participating in classes to complete required paperwork

<u>Level of Difficulty:</u>

Easy ★

Moderate ★★

Advanced ★★★

Class Descriptions found below:

Partner Dancing Sampler (Beginner) ★★

This dance class taps into the elegance of Ballroom, the rhythm of Latin, and the joy of Swing for a dynamic mind, body, and social workout. No prior experience or partner required. Come exactly as you are, wear comfortable shoes, and get ready to move to the music!

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 Kent Koller via email (kbkoller@gmail.com)** to get updates on play times and weather related cancellations. Non-members can purchase a monthly pickleball pass for $45. Please see someone in Fitness to purchase.

Chair Yoga ★

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.

Healthy Backs ★★

A yoga-based class focused on core strength, posture, balance, flexibility, and breath to support a healthy back. This mat class includes standing, hands-and-knees (with chair options), and floor postures. Participants should be able to get up and down from the floor independently.

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.

Yoga for Well-Being ★★

This mat-based class weaves movement, breath, and mindfulness in practices that are designed to support body-mind strength and balance, core stability, and greater ease and awareness in daily life. Classes include standing, hands-and-knees (with chair options available), and floor postures. Participants should be able to get up and down from the floor independently. If this is challenging at this time, please consider our Chair Yoga classes, offered Tuesdays and Thursdays at 12:00 PM.

Qigong ★

8 easy to learn movements balancing health through movement, breath work and awareness. Boosts immunity, strengthens muscles, massages the internal organs, improves blood circulation, moves lymph, increases lung capacity. No experience needed. **Please note: Must be able to stand unassisted for 45-60 minutes.** Wear comfortable clothing and shoes.

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