November LAND EXERCISE CLASS SCHEDULE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 10am PB&G (*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	3 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	4 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	5 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	6 10am PB&G *(Beginner)* 2pm Pickleball 2pm Box N Burn	7 *Open Gym* 2pm Pickleball
9 10am PB&G (*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	10 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 2pm Pickleball	11 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	12 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	13 10am PB&G *(Beginner)* 2pm Pickleball 2pm Box N Burn	14 10:30am Yoga for Well-Being 2pm Pickleball
16 10am PB&G (*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	17 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	18 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	19 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	20 10am PB&G *(Beginner)* 2pm Pickleball 2pm Box N Burn	21 *Open Gym* 2pm Pickleball

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23 10am PB&G (*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball ~~3:30 Taiji for Wellness~~	24 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	25 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	26 Closed Happy Thanksgiving!!	27 Closed	28 Closed
30 10am PB&G(*Beginner)* 11am RSB *(Group 3)* 1pm RSB *(Group 4)* 2pm Pickleball 3:30 Taiji for Wellness	1 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball	2 11am RSB *(group 3)* 1pm RSB *(Group 4)* 2pm Pickleball	3 9am Fit for Life 10am PB&G (Intermediate) 11am PB&G *(Advanced)* 12 pm Chair Yoga 1pm RSB *(Group 2)* 2pm RSB *(Group 1)* 2pm Pickleball 4pm Qigong	4 10am PB&G *(Beginner)* 2pm Pickleball 2pm Box N Burn	5 *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:

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Box N Burn ★★★

This **non-Parkinson's boxing class** is open to individuals looking for a challenging and engaging workout that incorporates boxing techniques with full-body fitness exercises. Participants will work on punching combinations, coordination, footwork, cardiovascular endurance, and overall strength. Whether you're looking to try something new or add variety to your fitness routine, Box N Burn offers a great opportunity to stay active, challenge yourself, and enjoy the benefits of boxing in a supportive environment.

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.

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 (Intermediate) ★½

Through a combination of standing exercises, dynamic balance challenges, strength training, and gait-focused movements, participants will work toward improving their stability, reducing their risk of falls, and maintaining independence.

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 ★½

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.