MW FITNESS SCHEDULE • WEEKLY SAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9–9:45 a.m. Sunrise Seated Circuit with Emily (A)	8–8:45 a.m. Aqua Strength and Stamina with Christina (P)	9–9:45 a.m. Sunrise Seated Circuit with Emily (A)	8–8:45 a.m. Aqua Strength and Stamina with Christina (P)	8–8:45 a.m. Aqua Thrive with Christina (P)	9–9:45 a.m. Strength Training with Ari (F)
9–9:45 a.m. Silver Sneakers Standing Circuit with Tracy (GS1)	9–9:45 a.m. Aqua Strength and Stamina with Christina (P)	9–9:45 a.m. TRX with Ari (GS1)	9–9:45 a.m. Aqua Strength and Stamina with Christina (P)	9–9:45 a.m. Sunrise Seated Circuit with Emily (A)	11–11:45 a.m. TRX with Ari (GS1)
10–10:45 a.m. Keep on Moving with Emily (A)	9–9:45 a.m. Silver Sneakers Yoga with Tracy (A)	9:45–10:45 a.m. Aqua Zumba with Jen (P)	9–9:45 a.m. Stability, Strength, and Balance with Tracy (GS1)	9:15–10 a.m. Morning Zen with Christina (GS1)	
10–10:45 a.m. Beginning Tai Chi with Fred (GS1)	10–10:45 a.m. Stretch and Strengthen with Tracy (K)	10–10:45 a.m. Line Dancing 2 with Tracy (GS1)	10–10:45 a.m. Stretch and Strengthen with Tracy (FP)	9:45–10:45 a.m. Aqua Zumba with Jen (P)	
10–10:45 a.m. Line Dancing 1 with Tracy (GS2)	10:15–11 a.m. Stretching for Flexibility & Movement with Christina (GS1)	10–10:45 a.m. Keep on Moving with Emily (A)	10–10:45 a.m. Chair Yoga with Christina (SP)	10–10:45 a.m. Keep on Moving with Emily (A)	
11–11:45 a.m. PWR! with Emily (A)	11:15 a.m. –12 p.m. Zumba Gold with Jen (GS1)	10–10:45 a.m. Intermediate Tai Chi with Fred (GS2)	11:15 a.m. –12 p.m. Zumba Gold Toning with Jen (GS1)	11:15 a.m. –12 p.m. Jazz 201 with Jen (GS1)	
11:15 a.m. –12 p.m. Aqua Thrive with Christina (P)	1–1:45 p.m. Boxing and Beyond with Christina (GS1)	11–11:45 a.m. PWR! with Emily (A)	1–1:45 p.m. Boxing and Beyond with Christina (GS1)		
11:15 a.m. –12 p.m. Tap 101 with Jen (GS1)	2–2:45 p.m. Fall Prevention and Balance with Christina (GS1)	11:15 a.m. –12 p.m. Ballet 101 with Jen (GS1)	2:30–3:15 p.m. Stretch and Strengthen with Tracy (K)		
1–1:45 p.m. Barre with Christina (GS2)	2:30–3:15 p.m. Stretch and Strengthen with Tracy (FP)	1–1:45 p.m. Barre with Christina (GS2)			
1:30–2:15 p.m. Chair Qigong with Fred (K)		2–2:45 p.m. Yoga with Christina (GS1)			
2–2:45 p.m. Yoga with Christina (GS1)					

MW FITNESS CENTER HOURS

Gallagher Fitness Center
Open seven days a week, from 5 a.m. to 10 p.m.

Provincial House Fitness Center
Open seven days a week, from 5 a.m. to 10 p.m.

Kellogg Fitness Center*
Open seven days a week, from 8 a.m. to 5 p.m.

*The Kellogg fitness center is unstaffed.

MW Fitness Class Location Key: Provincial House Neighborhood (PH) & Village Neighborhood (V)

(A) Auditorium • PH
(F) Fitness Center • PH
(FP) Friendship Place • PH
(GS1) Gallagher Studio 1 • V
(GS2) Gallagher Studio 2 • V
(K) Kellogg • V
(P) Pool • PH
(SP) Sandpiper Room • PH

MW FITNESS & WELLNESS CLASSES

Aqua Strength and Stamina: This is an all-over, cardio, toning, and muscle conditioning class which incorporates stretching and range of motion. The goal is health and fitness using the multi-directional resistance of water. A fun and unique way to exercise in the water: low-impact workout for developing muscular strength and endurance, core conditioning, and dynamic flexibility. (Max 15 people)

Aqua Thrive: Pulling from various therapeutic systems aqua thrive works to mobilize stiff joints as well as strengthen weak muscles. Improving flexibility, muscular strength and overall range of motion.

Aqua Zumba: Brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythms and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your pool workout with some Latin fever. (Max 15 people)

Ballet 101: This introduces a traditional ballet class structure. Students learn fundamental ballet technique through barre work, center exercises, and across the floor combinations designed to improve coordination, flexibility, endurance, and musicality. All levels are welcome. Please wear active wear and socks or ballet flats for footwear. (Max 8 people)

Ballet 201: This class continues the traditional ballet class structure with more technical skills. Students will build on their beginning ballet technique knowledge by working on more complex barre work, center, and across the floor combinations which are designed to improve coordination, flexibility, endurance, and musicality. Basic ballet knowledge required for class participation. (Max 8 people)

BARRE: A workout technique inspired by elements of ballet, yoga, and pilates focusing on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. Please bring water. (Max 10 people)

Chair Yoga: A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration, increased strength, boost to your mood, reduced stress and joint strain. (Max 12 people)

Fall Prevention and Balance: This program will challenge the sensory, cognitive, and musculoskeletal systems while addressing balance constraints such as orientation in space, and changes in direction. The goal is too improve static and dynamic stability, as well as a number of aspects related to quality of life and fall prevention. (Max 15 people)

Jazz 101: Covers all realms of the fun and exciting jazz dance genre ranging from lyrical, street/pop , Broadway, swing style, Latin and use of props. Please wear active wear and non-stick/non-marking shoes or ballet flats for footwear. (Max 15 people)

Keep on Moving: Join in this fun, energetic class that will get the body moving. Focuses on strengthening muscles and increasing range of movement tor daily life activities. (Max 30 people)

Line Dancing 1: Come and kick up your heels! Line dancing with Tracy is sure to offer a great time for all. At a relaxed pace, and new dance will be featured over a few weeks. All levels welcome!

Line Dancing 2: Come and kick up your heels! Line dancing with Tracy is sure to offer a great time for all. Each week will feature a new dance. All levels welcome!

Deep Stretch: Inspired from elements of yin yoga program targets your deep connective tissue, like your fascia ligaments, joints and bones. Slow movement combined with static holds will help you stretch and lengthen rarely used muscle tissues (Max 15 people)

Parkinson's Wellness and Recovery: This class is designed to enhance your quality of life and address symptoms of Parkinson's disease, including posture, movement disorders, balance, voice and facial expressions. Class includes circuits, a variety of equipment, strength training, dual tasking, cardiovascular work, and stretching. (Max 30 people)

Chair Qigong: A system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial arts training. Movements can be done seated or standing. (Max 15 people)

Sliver Sneakers Standing Circuit: A low-impact class focused on improving cardiovascular endurance, muscular strength and functional movement patterns. (Max 12 people)

Silver Sneakers Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. (Max 10 people)

Strength, Stability and Balance: A fun class with specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. (Max 12 people)

Stretch and Strengthen: A seated exercise class utilizing TheraBand's for multiple stretching and strengthening activities. All skill levels welcome! (Max 12 people)

Sunrise Seated Circuit: This workout combines cardio, strength, and flexibility, all modified to a seated position. A perfect exercise class for those just starting an exercise routine, those with balance issues, those recovering from an injury or surgery, or anyone who needs a low intensity workout. (Max 30 people)

Tai Chi: Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A moving meditation, this is a system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. (Max 15 people)

TRX: Utilizing TRX rigs (Total Body Resistance Exercise) is a workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Please come a few minutes early if you are new. (Max 6, registration required on the MW Portal)

Yoga: Standing and floor work. Breathing, stretching, core strength, balance, and muscular endurance are the focus. End with a short meditation. Please bring a yoga mat and water. (Max 15)

Zumba Gold: A lower-intensity version of the typical Zumba class designed to meet the anatomical and physiological needs of the active aging community. Based on Latin and world dances, this upbeat cardio class will flow through the steps of Salsa, Merengue, and Cumbia as well as incorporate belly dancing, Flamenco, and the Tango. (Max 15 people)

Zumba Toning Gold: This unique, stimulating combination of cardio and dynamic resistance exercises incorporates progressive lightweight training to improve overall performance. Choreography and moves are based on combinations of rhythms such as Merengue, Salsa, Cumbia, Tango, belly dance, Reggaeton and Flamenco. (Max 10 people)