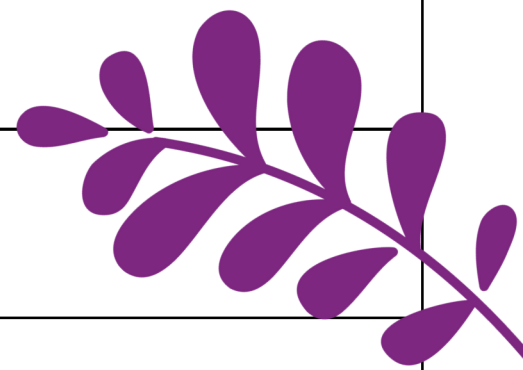
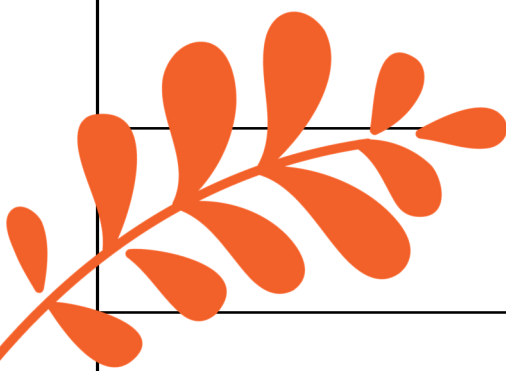


MARY'S WOODS FITNESS AND WELLNESS CLASSES OCTOBER 16TH– OCTOBER 22ND

SUN OCT. 16TH	MON OCT. 17TH	TUES OCT. 18TH	WED OCT. 19TH	THURS OCT. 20TH	FRI OCT. 21ST	SAT OCT. 22ND
		8:00 – 8:45 am Aqua Strength/Stamina with Christina [Pool]	9:00 – 9:45 am Chair Fitness with Emily	8:00 – 8:45 am Aqua Strength/Stamina with Christina [Pool]		
	9:00 – 9:45 am Chair Fitness with Emily	9:00 – 9:45 am Aqua Strength /Stamina with Christina [Pool]	9:45 -10:30 am Aqua ZUMBA with Jen [Pool]	9:00 – 9:45 am Aqua Strength /Stamina with Christina [Pool]	9:00 – 9:45 am Chair Fitness with Emily	9:45 -10:30 am Aqua ZUMBA with Jen [Pool]
	10:00 – 10:45 am Tai Chi with Fred	9:30 – 10:15 am Stretch & Strengthening with Bella	10:00 – 10:45 am Tai Chi with Fred	9:30 – 10:15 am Stretch & Strengthening with Bella	9:45-10:30 am ZUMBA Toning Gold with Jen	
	10:00 – 10:45 am Keep on Moving with Emily	10:00 – 10:45 am Yoga with Christina	10:00 -10:45 am Keep on Moving with Emily	10:00 – 10:45 am Qigong with Fred	10:00 – 10:45 am Keep on Moving with Emily	
	11:00 – 11:45 am Parkinson's Wellness & Recovery with Emily	11:15 -12:00 pm ZUMBA Gold with Jen	11:00 – 11:45 am Parkinson's Wellness & Recovery with Emily	10:00 – 10:45 am Cognition, Balance and Strength with Christina	11:15-12:00 pm Jazz 101 with Jen (Props)	
	11:30—12:30 pm Myofascial Release with Christina	11:30 – 12:30pm Myofascial Release with Christina	11:15 -12:00 pm Ballet 101 with Jen	11:15 -12:00 pm ZUMBA Gold with Jen		11:15 -12:00 pm Ballet 201 with Jen
	1:00 – 1:45 pm BARRE with Christina	1:00 – 1:45 pm TRX with Christina	11:30-12:15 pm Pilates MAT with Christina	11:30 – 12:30pm Myofascial Release with Christina		
	2:00 – 2:45 pm Yoga with Christina	2:00 -2:45 pm Cognition, Balance and Strength with Christina	1:00 – 1:45 pm BARRE with Christina	1:00 – 1:45 pm TRX with Christina		
	3:00-4:00 pm Gallagher Fitness Equipment Orientation with Bella	2:30 – 3:15 pm Stretch & Strengthening with Bella	2:00 – 2:45 pm Yoga with Christina	2:30 – 3:15 pm Stretch & Strengthening with Bella		



PH FITNESS CENTER

KELLOGG FITNESS CENTER

GALLAGHER FITNESS CENTER

PROVINCIAL HOUSE - AUDITORIUM

FRIENDSHIP PLACE - LIVING ROOM

GALLAGHER - STUDIO 1

GALLAGHER - STUDIO 2

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)

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)

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)

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)

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)

Chair Fitness – 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)

Cognition, Balance & Strength – 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 to improve static and dynamic stability, as well as a number of aspects related to quality of life. (Max 15)

Myofascial Release – Live better in your body. Designed to release muscle tension, improve flexibility and boost movement efficiency as well as reducing tension. This is a guided self-massage (self-myofascial release/SMR) with therapy balls, which release tension in the nervous system and the body's fascia system. Classes also can include static deep stretching, strength-building isometric holds. (Max 12)

Jazz 101 – Covers all realms of the fun and exciting jazz dance genre ranging from Vaudeville style, contemporary, Luigi's therapeutic technique, the classic style of Bob Fosse, and even branch into musical theatre (no singing required). Please wear active wear and non-stick/non-marking shoes or ballet flats for footwear. (Max 15)

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

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 expression. Class includes circuits, a variety of equipment, strength training, dual tasking, cardiovascular work, and stretching. (Max 30)

Pilates Mat – A series of exercises performed on a soft mat on the floor. Our Pilates Mat class focus on stabilizing the core, improving posture & strengthening the total body! (Max 12)

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)

Stretch and Strengthen — A seated exercise class utilizing TheraBand's for multiple stretching and strengthening activities . All skill levels welcome!

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)

TRX Level 1 – 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 10)

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)

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)