



Fitness & Wellness Schedule

Effective January 2—March 16

24/7 access to
FWC
available!!

Monday	Tuesday	Wednesday	Thursday	Friday
The Fitness & Wellness Center is open daily 6am-8pm.				
8:00-8:45am Core Essentials PS	8:00-8:45am Step Circuit PS	8:00-8:45am Core Essentials PS	8:00-8:45am Step Circuit PS	8:00-8:45am Core Essentials PS
8:15-9:00am Yoga DS	9:15-10:00am Tai Chi DS	8:15-9:00am Yoga DS	9:15-10:00am Tai Chi DS	8:15-9:00am Yoga DS
9:15-10:00am Functional Strength DS	9:15-10:00am Aqualibrium NAT	9:15-10:00am Functional Strength PS	9:15-10:00am Aqualibrium NAT	9:15-10:00am Functional Strength DS
9:15-10:00am Aqua Trifecta NAT	10:15-11:00am Equilibrium DS	10:15-11:00am Keiser Circuit FWC	10:15-11:00am Equilibrium DS	9:15-10:00am Aqua Trifecta NAT
10:15-10:45am Beautiful Bones DS	11:00-11:30am Seated Balance CAS		11:00-11:30am Seated Balance CAS	10:15-10:45am Beautiful Bones DS
11:00-11:30am Conductorcise Yogalates CAS	11:00-12:00am Wellness Recreation Location TBD		11:00-12:00am Wellness Recreation Location TBD	11:00-11:30am Conductorcise Yogalates CAS
Floor Time BRIAN 11:00am-12:00pm	Floor Time MATT 1:00pm-2:00pm	Floor Time CINDY 2:00pm-3:00pm	Floor Time MATT 1:00pm-2:00pm	Floor Time BRIAN 11:00am-12:00pm



For questions or appointments please contact

Brian Harris the Fitness & Wellness

Coordinator at 860-243-6019

PS-Pilates Studio
DS-Dance Studio
NAT-Natatorium
CAS-Creative Arts Studio
CSA-Center for Successful Aging

CLASS DESCRIPTIONS:

Core Essentials: This advanced class focuses on strengthening your core, increasing flexibility, and challenging every major muscle group. Floor work is included (mats provided).

Functional Strength: This class is designed to build a foundation of function strength throughout the body. Using dumbbells and ankle weights participants will engage in strength exercises that build key muscle groups that help us keep our balance and perform Activities of Daily Living with ease.

Yoga: Yoga is a great way to get in touch with the mental aspect of wellness along with the physical. Practicing yoga is a great way to work all the major muscle groups. The focus is on maintaining strength and flexibility to ensure the participant continues carrying out activities of daily living with ease. The class also includes training on safely getting up from and down to the floor.

Beautiful Bones: This seated class is specifically designed for participants to improve their strength and range of motion. The exercises are selected with osteoporosis in mind and target muscles in the hip, spine and lower body.

Conductorcise Yogalates: Yoga and Pilates fundamentals are employed to help with pain management, increase range of motion and prevent muscle atrophy. Portions of class done with movement to music to help increase blood flow and heart rate.

Step Circuit: Step up, on, over and around a four inch platform. Burn calories, and challenge balance and coordination as you move to the rhythm of some of your favorite songs.

Equilibrium: This class will focus on five critical areas of balance: postural strategies, gait enhancement, multisensory control, center of gravity control and basic fitness. Practical applications will provide participants with skills needed to prevent a fall, as well as skills needed in the event of a fall.

Seated Balance: Improve posture, increase body awareness, and learn to better control your center of Gravity. These tactics can be helpful in fall prevention.

Aqua Trifecta: This class will focus on three exciting and soothing areas of fitness: Strength Training, Cardiovascular endurance and Arthritis Care, all while touching upon the therapeutic and gratifying affects of Yoga fundamentals in the water.

Aqualibrium: This class will focus on five critical areas of balance: postural strategies, gait enhancement, multisensory control, center of gravity control and basic fitness, all in the forgiving medium of the water.

Keiser Circuit: Learn how to use the Keiser strength equipment in the Fitness & Wellness Center. Learn about proper weight settings, how many sets and reps to perform, and proper technique while getting a great strength workout.

Tai Chi: An academy that integrates slow and precise body movements with controlled breathing and mental focusing—a truly Mind-Body approach to fitness. **Additional Fee.**

Wellness Recreation: This class is designed to enhance the skills of participants relating to usual recreational activities. This enhances motor skills and balance training through complicated movements design for competition. This competition challenges your agility, cardiovascular fitness and strength, all while having fun!

Floor Time: Come to the fitness center with any questions relating to equipment, classes, exercises, exercise form or anything else fitness related. The designated staff member will be there during that time to assist you.