

DOWRUMMEL VILLAGE



Wellness Challenge Schedule

Effective January 16th—February 24th, 2011
575-0193

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45AM	Instructors Choice (30)					
8:00AM		Chair Exercise (45)		H2O Walking (30)		
8:30AM	Fit 4 Life (60) Aqua Chi (40)		Fit 4 Life (60)	Arthritic Relief (Warm Pool) (30)	Fit 4 Life (45)	Open Pool (8:30 - 10:30am)
9:00AM		H2O Walking (30)	Aquacise (45)	Aquacise (45)	Aquacise (45)	
10:00AM	Adaptive Yoga (60) \$3/class	Balance (45)		Balance (45)		
12:15PM		Low Impact Aerobics (30)	Zumba (30)		C/S Room Circuit (30)	
1:00PM	Laughter Yoga (45)					
2:30PM		NeuroFit™(60) *Must Sign Up		NeuroFit™(60) *Must Sign Up	Reach Out and Move (30)	
3:00PM					Tai Chi/Mediation (30)	
6:00PM			Adaptive Yoga (60) \$3/class			

Pool Hours:

Monday - Friday 7:30am - 4:30pm & Saturday 8:30am - 10:30am

* () indicates length of class

***BOLD** indicates classes in the pool



Wellness Challenge Class Descriptions

Water Walking-Designed to focus on strength, flexibility, and balance with walking in a supportive environment

Arthritic Relief-Takes place in the warm water therapy pool. Enhances flexibility around all joints in the body while allowing the buoyancy and warmth of the water to alleviate stress in the joints

Aqua Chi-Water exercise and relaxation class. Focusing on deep breathing, increasing range of motion, improving balance and strengthening the core.

Aquacise-Intermediate water class focuses on strength, balance, endurance, and flexibility using dumbbells, kickboards, and noodles

Chair Exercises-A seated exercise class designed for all fitness levels. This class includes cardio, toning, flexibility, and balance for a total body workout.

Fit 4 Life-Advanced land class focusing on strength, balance, agility and flexibility.

Balance Class-Individualized structured progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility.

NeuroFit™-NeuroFit™ is a proactive approach to slowing the progression of Multiple Sclerosis, Parkinson's and other neurological movement disorders. Class focuses on balance, coordination, breathing, vocal exercises, functional strength training, flexibility, recovering from a fall, hand grip and dexterity training.

Instructors Choice- Surprise! This class offers a variety of different components depending on the instructor. Class focuses on core muscles, balance and breathing techniques, and range of motion movements.

Low Impact Aerobics- Rhythmic, continuous movements focusing on cardiovascular endurance.

Zumba- Combination of Salsa, Flamenco, and Belly Dancing for a fun, energetic class

Reach Out and Move- A land class focusing on strength, balance, and cardio

Tai Chi/Meditation- Slow, smooth body movements focusing on relaxation of the body and mind

C/S Room Circuit- A combination of cardio and strength moves. Class is held in the Cardio/Strength room

Laughter Yoga- A class where you can laugh for no reason! It is a combination of simple laughter exercises and gentle yogic breathing.

Adaptive Yoga- A mind-body connection through movement and breathing. The class uses traditional yoga poses adapted to the chair and bar. (\$3/per class)