

Mary's Woods In-Person Fitness and Wellness Classes

Sun, March 27th	Mon, March 28th	Tue, March 29th	Wed, March 30th	Thur, March 31st	Fri, April 1st	Sat, April 2nd
		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]	8:00 — 8:45 am Circuit Training with Christina {Gym}	
	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	
			10:00 — 10:45 am Tai Chi with Fred		9:00 — 9:45 am Aqua Strength /Stamina with Christina [Pool]	9:45 — 10:30 am Aqua Zumba with Jen [Pool]
	10:00 — 10:45 am Tai Chi with Fred		10:00 — 10:45 am Keep on Moving with Emily (Max 30)	10:00 — 10:45 am Qigong with Fred	10:00 — 10:45 am Restorative Yoga with Christina	
	10:00 — 10:45 am Keep on Moving with Emily	10:00 — 10:45 am Balance and Strength with Christina [Gym]	11:00-11:45 am Parkinson's Wellness and Recovery with Emily	10:00 — 10:45 am Balance and Strength with Christina [Gym]	10:00 — 10:45 am Keep on Moving with Emily (Max 30)	
		11:15 — 12:00 pm Zumba Gold with Jen	11:15 — 12:00 pm Ballet 101 with Jen	11:15 — 12:00 pm Zumba Gold with Jen	11:15—12:00 pm Jazz 101 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	1:00 — 1:45 pm BARRE with Christina	1:00 — 1:45 pm TRX with Christina		
	2:00 — 2:45 pm Yoga with Christina	2:00 — 2:45 pm Ener-chi with Christina	2:00 — 2:45 pm Yoga with Christina	2:00 — 2:45 pm Ener-chi with Christina		
2:30 — 3:15 pm Cardio Chair with Emily	3:00 — 4:00 pm Gallagher Fitness Equipment Orientation with Chris	3:00 — 4:00 pm PH Fitness Equipment Orientation with Bella				
	3:00-4:00 pm Water Volleyball Club [Pool]		3:00-4:00 pm Water Volleyball Club [Pool]		3:00-4:00 pm Water Volleyball Club [Pool]	

Provincial House — Fitness & Wellness Center

Gallagher Fitness Center

Provincial House — Auditorium

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)

Balance and Strength -This class uses body weight exercise, bands, and dumbbells to work on a combination of balance, fall prevention, and muscular strength. (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)

Cardio Chair - This is a positive low impact class focusing on safely increasing heart rate to target zone, improving gait, building strength, body alignment, and balance. Participants are encouraged to go at the own pace with the chair based with low impact movements. (Max 30)

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)

Circuit Training - Utilizing all the Provincial House Gym has to offer, this class consists of exercises that include a series of intense work and rest periods in measured intervals to improve cardio fitness and build strength. Modifications are available. (Max 10)

Ener-Chi - This class format incorporates tai chi, yoga, & qigong principles along with foundations of weight transfer, with awareness and focused breathing, to improve balance, stability and overall wellbeing. (Max 15)

TRX - A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. TRX leverages gravity and the user's body weight to complete the exercises. (Max 15)

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 - It's back! 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)

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)

Restorative Yoga - Learn to breathe consciously, create greater body awareness, and reduce stress. Allow your body to melt away tension as you experience deeper relaxation and tranquility. Practiced at a slow pace with long holds supported by bolsters and other various yoga props. (Max 15)

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)

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)

