

Group Wellness Classes



MEDITATION Monday 2:00 — 2:30 PM (Butternut 3)	AQUATICS Tuesday 10:00 — 10:45 AM (Aquatic Center)	TAI CHI Thursday 11:00 — 12:00 PM (Fitness Studio)	STRENGTH & CONDITIONING Mon, Wed, Fri. 11:15 — 12 PM (Fitness Studio)	ADV. STRENGTH & CONDITIONING Monday 10:15 — 11 AM (Fitness Studio)	YOGA Wednesday & Friday 8:00 — 9 AM (Meeting Room)
Take time for yourself during this guided meditation class. Focus on deep relaxation, breath, and peace. This calming and rejuvenating class can reduce stress/anxiety, enhance your own connection to self, and improve overall well-being. Research has shown meditation can decrease high blood pressure, lessen pain levels, and can enhance the immune system. No previous meditation experience is necessary. Instructor: Aly, OT	Non-stop movement featuring calisthenics exercise using water resistance to increase strength, flexibility, and muscle tone as well as a great cardiovascular workout! The water lessens stress on joints while muscles work against the natural resistance of the water. Individuals may enhance their workouts through the use of resistance equipment. Instructor: Tasia, OT	Teaches the Yang style Slow Set, a series of postures linked together in a continuous flow & interchange of yin and yang. Essential principles of movement and posture to enhance circulation, balance, and flexibility will be highlighted in class, with connections to Chinese Medicine and how this practice can be a part of a life philosophy on health & longevity. Qigong exercises & standing meditation will be included. Open to all fitness levels. Instructor: Rachel Edwards, M.S. L. Ac.	Experience this fun yet challenging seated and standing whole body exercise class! Focus on strength building using bands of varied resistance. Alternating between sitting and standing positions, the instructor will keep you moving and engaged while targeting muscle groups that contribute to improved balance, upper and lower body strength, and posture. This class is open to all fitness levels. Instructor: Courtney, PT & Aly, OT	Focus on floor-based core stability training and be prepared to challenge your body through the use of hand weights. There is not a lot of sitting in this class so be prepared to keep moving! Be guided through a series of standing and lying down abdominal, upper, and lower body exercises. This class is an advanced class and participants should be familiar with Level I Strength & Conditioning prior to joining Level II. Instructor: Alexis, PT	This challenging and invigorating Vinyasa flow class consists of a series of poses that will move you through the power of inhaling and exhaling. Sequence of postures will vary from class to class, but will follow a logical progression that moves from basic to complex. This style of yoga builds flexibility and strength while maintaining proper alignment and sound structure. Class is open to all fitness levels. Floor work involved Instructor: Aly, OT

HIIT H20 — Friday 11-11:45 PM (Aquatic Center) High Intensity Interval Training (HIIT) is a form of exercise that incorporates short bursts of intense exercise followed by brief active rest periods. This aquatics class is a high energy workout that targets your cardiovascular health and muscle endurance that will keep you moving. You definitely won't get cold in this powerhouse class! Instructor: Tasia, OT

EARLY MORNING STRETCH — Tuesday 7:30—8:15 AM (Meeting Room) This class is focused on deep stretching for the entire body and includes gentle yet therapeutic standing, seated and floor stretches providing a relaxing and fun workout to start the day. This class is open to all fitness levels. Instructor: Alexis, PT

PATHWAYS - A fee for service customized approach to your well-being through 1-1 sessions with the expertise of rehab professionals to develop your wellness plan.

For more information about group wellness classes or our Wellness program, Pathways, call rehab 264-5140. Wake Robin is committed to your well-being; take 13 classes/month free. Each additional class is \$10 and will be added to your monthly bill.