

WELCOME WELLNESS



Fitness Class Schedule

For more information call the
Wellness Center 816 979-3090

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p Mat Yoga 6p-6:50p	Cardio Drumming Gym 1p-1:50p	Pickleball 9a-12p Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	Mat Yoga 6p-6:50p	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	
	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p Mat Yoga 6p-6:50p	Chair Zumba Gym 1p-1:50p	Pickleball 9a-12p Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	Mat Yoga 6p-6:50p	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	
	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p Mat Yoga 6p-6:50p	Chair Zumba (Video in Wellness Center) 1p-1:50p	Pickleball 9a-12p Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	Mat Yoga 6p-6:50p	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	
	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p Mat Yoga 6p-6:50p	Chair Drumming Gym 1p-1:50p	Pickleball 9a-12p Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	Mat Yoga 6p-6:50p	Gentle Yoga 1p-1:50p Mat Yoga 2:05p-2:55p	
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CLASS DESCRIPTIONS

Chair Drumming

Chair drumming, also known as cardio drumming is a fun and accessible fitness activity for seniors that combines drumming with aerobics, improving cardiovascular health, coordination, and balance.

Chair Yoga

Gentle Yoga is a slow-paced, primarily seated class focusing on body awareness and breath. This class builds strength, endurance, flexibility and balance and supports personal safety. You will leave feeling refreshed and renewed in body, mind and spirit.

Mat Yoga

Intermediate Yoga is suitable for most levels. The instructor will guide beginner students through proper alignment and form, while encouraging more experienced practitioners to challenge themselves while building strength and flexibility. You will safely stretch and lengthen your body through a flow of supportive postures and breathing techniques, creating a calm mind, relaxed body and enhanced present moment awareness.

Chair Zumba

Zumba is designed for the active adult who wants to be challenged. It is a fun-filled class that enhances your flexibility, cardiovascular endurance, and physical strength. Chair Zumba is a great start and if you feel you would like more of a challenge, Zumba is the *next* step for you!

Pickleball

Join us on Wednesdays for open play. Beginners welcome! Pickleball gives you a good aerobic workout. It helps improve your lung function, controls your blood sugar levels, regulates your blood pressure, and improves your cardiovascular conditioning.

Join us online via Zoom. Turn your camera off, mute yourself and enjoy class!

Class Zoom Link: <https://us06web.zoom.us/j/87397965729?pwd=cXQ2SE1CbStya09qeHhjOHRiTWNhZz09>

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