

## Wellness & Prevention Center Group Exercise Schedule

| Monday                         | Tuesday                            | Wednesday                               | Thursday                          | Friday                               |
|--------------------------------|------------------------------------|---|-----------------------------------|--------------------------------------|
| 5:45-6:30am<br>Cycle:45        |                                    | 5:45-6:30am<br>Cycle:45                 |                                   | 5:45-6:30am<br>Cycle:45              |
|                                | 8:30-9:15am<br>Balance Training    |   |                                   | 8:30-9:15am<br>Active Senior         |
|                                | 9:20-9:45am<br>Sensible Stretching |   |                                   | 9:20-9:45am<br>Sensible Stretching   |
|                                | 10:30-11:00am<br>S.O.S. Express*   | 12:15-1:00pm<br>Senior Cardio & Stretch |                                   | 10:30-11:00am<br>S.O.S. Express*     |
| 4:45-5:30pm<br>Cross Train Fit | 4:45-5:15pm<br>Cycle:30            | 4:45-5:30pm<br>Cross Train Fit          | 4:45-5:15pm<br>Cycle:30           | 4:15-5:30pm<br>"Drop In" Cross Train |
|                                | 5:30-6:00pm<br>Power House: Upper  |   | 5:30-6:15pm<br>Power House: Lower |                                      |

### Exercise Class Descriptions

**Active Senior:** Remain active and independent with our new class designed to increase muscular strength, range of motion and functional movement. A variety of free weight, elastic tubing and body weight exercises will be used to challenge the body and improve balance, coordination and overall fitness.

**Balance Training:** As we age, our balance naturally begins to diminish. Exercise can help us maintain, improve and even prevent balance loss. This class will address ways of preventing a fall through: improved posture, increased muscular strength, improved agility & coordination and increased self-confidence.

**Cycle:30/45:** Offered in 30- or 45-minute durations, our cycling classes will challenge riders on flat roads and in the hills with speed work, strength work and drills. Appropriate for all fitness levels and abilities, these classes provide a great workout with lots of variety. *(Attention New Riders: Please arrive 15 minutes prior to class for bike set up/orientation.)*

**Cross Train Fit:** Switch up your routine with a little cross-training in this 45-minute, high intensity, equipment-based class that targets both cardio and strength. The Friday class allows participants to "drop in" and work independently.

**Senior Cardio & Stretch:** This 2-part class includes 25 minutes of cardio exercise followed by 20 minutes of stretching. Participants are welcome to attend one or both portions of the class.

**Power House:** This 30-minute heavy weight, low rep strength training class will focus on the major muscle groups central to building your "Power House". Tuesday workouts will focus on upper body and Thursdays on lower body.

**Sensible Stretching:** Using safe and gentle stretches to improve flexibility and range of motion, this 25-minute class works head-to-toe, targeting the joints and surrounding musculature of the entire body.

**S.O.S. Express:** Designed specifically for stroke survivors, this 30-minute, express version of our Sweat to Outsmart Stroke classes will enhance recovery and help participants improve both function and fitness. (Non-Member Option Available\*)

### Specialty Classes

**Aqua Arthritis:** A warm water, joint-safe exercise program using gentle movements to ease pain and improve functionality. Classes are held at the OhioHealth Ontario Health & Fitness Center. **Call to Register:** (419) 526.8900.

**6-Week Session:** October 31 – December 12      **Class Times:** Tuesday & Thursday 10:00-11:00am *or* 1:00-2:00pm