

Powell Wellness Center Combined Fitness Schedule November 2023

HOURS: Monday – Thursday, 5:30am – 8:00pm; Friday, 5:30am – 7:00pm; Saturday – Sunday, 8:00am – 3:00pm

• There is no admittance to group exercise class 5 minutes after the class has started.

• **Closed Thanksgiving Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (45 mins) Cycling Amy W.	7:00am (45 mins) Cycling Amy W.	8:00am Deep Water Blast Amy W. (Inner Pool)	8:00am Aqua STEP Amy W. (Lap Lanes)	8:00am STEP Sharon	9:00am Aqua Bata Bing Sharon (Inner Pool)
9:00am Retro Aerobics Sharon	8:00am Aqua STEP Amy W. (Lap Lanes)	8:00am Everybody STEP Sharon	9:00am LIIT Cardio Brandi	9:00am Aqua Bata Bing Sharon (Inner Pool)	10:00am Practical Pilates Sharon
9:00am Aqua Blaze Amy W. (River)	9:00am Tabata/Full Body Sculpt Brandi	9:00am Aqua Blaze Amy W. (River)	9:00am Kettlebell AMPD Heather	9:00am (60 mins) Cycling Heather	
10:00am Fortify Your Frame Sharon	9:00am Zumba® Heather	9:00am Fortify Your Frame Sharon	9:00am Volleyball (Lap Lanes)	10:00am Yoga 1 Annette	
10:00am Aqua Strong Amy W. (River)	9:00am Aqua Boot Camp Amy W. (River)	10:00am Fluid Pilates Sharon (Inner Pool)	10:00am Golden Grooves Heather	10:00am Water Gym Sharon (Inner Pool)	SUNDAY
11:00am Seated Yoga Annette	10:00am Core Focus Katie	10:00am (60 mins) Cycling Amy W.	11:00am Senior Strength Katie	11:15am Arthritis Mobility Essentials Sharon	12:00-2:00pm Family Swim
11:00am Flex & Flow Amy W. (Inner Pool)	11:00am Senior Strength Katie	11:00am Beginners Yoga Annette	11:00am Liquid Silver Sharon (Inner Pool)	12:30pm FUNCTIONAL TRX™+ Heather	
12:30pm Chair One & Seated Strength Katie	11:00am Liquid Silver Sharon (Inner Pool)	12:30pm Chair One & Seated Strength Katie	12:00pm POUND® Karen	1:00pm Fluid Pilates Sharon (Inner Pool)	
5:30pm Aqua Bata Bing Sharon (Inner Pool)	12:00pm (45 mins) Chair One Fitness Katie	5:30pm Fluid Pilates Sharon (Inner Pool)	1:00pm Rock Steady Boxing® Bobby/Heather	4:00-6:00pm Family Swim	
	1:00pm Rock Steady Boxing® Bobby/Heather	5:30pm (60 mins) Cycling Mary Ellen	4:30pm POUND® Karen		
	5:00-7:00pm Family Swim		5:30pm (75 mins) Gentle Yoga & Meditation Amy B.		
	5:30pm (75 mins) Gentle Flow Amy B.				

KEY:

Group Fitness Studio (GPX)

Cycling Studio

Aquatic class

ZOOM online class

Rock Steady Boxing program. Monthly program fee. \$50/members, \$100/non-members

Combined Fitness Class Descriptions

Group Fitness

Arthritis Mobility Essentials: For anyone with arthritis and all activity levels. Class begins with joint check and warm up, then stretching and range of motion, followed by strengthening, cardiovascular endurance and balance and coordination. Class wraps up with joint check and relaxation and breathing techniques.

Beginners' Yoga: Learn the fundamental poses of yoga as you build strength, increase flexibility, and find focus. This challenging and dynamic class will invigorate the entire body through breath and movement. Ideal for anyone new to yoga.

Chair One & Seated Strength: A balance of seated aerobics and seated strength training in a 45 minute workout. Standing progressions available to allow participants to challenge themselves as desired. A gentle warm-up will prepare participants to raise their heart rates with intervals of chair based cardio exercises and build total body strength from a seated position. Finish with a relaxing seated stretch. For all fitness levels and abilities.

Chair One Fitness: A super fun 45 minute chair-based dance fitness program with activities of daily living incorporated into cool dance moves. Appropriate for all levels, Chair One keeps people moving, and smiling too!

Core Focus: 30-minute core workout designed to focus on your foundation. Bodyweight movements will create stability from the middle of your body, layering on balance and strength progressions of exercises from beginner to advanced. Participants must be comfortable getting down to the floor.

Cycling: Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. A motivating soundtrack helps you tackle hills, flats, sprints and mountains.

Everybody STEP: Basic step patterns are easy to learn and deliver a perfect blend of a cardiovascular and body weight workout!

Fortify Your Frame: This is a challenging but safe muscle conditioning workout. Designed for all ages and fitness levels to build strength in support of injury resistance and overall functionality. The workout will target every major muscle group with a progressive approach to utilizing the powerful force of gravity. Work your muscles to the max!

Full Body Sculpt: A 60 minute intense full body strength and sculpt workout with weights (optional) to tone and strengthen your body from head to toe, and leave you feeling energized!

FUNctional TRX™+: A tabata style (8 rounds of 20 second exercise and 10 second breaks) circuit functional training with added TRX exercise. TRX which stands for Total Body Resistance Exercise, is a workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. This class will incorporate cardio, weights, body weight, resistance bands, TRX and more. Come ready to have fun!

Gentle Flow: Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, and YogaFit postures. Gentle Flow refines the basics learned in Beginners' Yoga.

Gentle Yoga and Meditation: Classes combine gentle postures with easy movement, breathwork and guided meditation. Blanket or covering recommended for comfort.

Golden Grooves: This class is perfect for active older adults who love music and dancing but prefer lower-intensity moves. Easy to follow choreography will focus on balance, range of motion, coordination and fun. Spontaneous singing and whooo-ing are welcome!

Kettlebell AMPD: Takes heart pumping music and your favorite kettlebell moves and combines them into calorie torching fun!

LIIT Cardio: This low intensity interval training cardio class is designed to increase your heart rate and burn calories.

POUND®: This class uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND is an effective way of working out with strength and cardio benefits. POUND is designed for all fitness levels.

Practical Pilates: This class on the mat incorporates movement with guided breathing and proper alignment to develop strength and endurance. Participants should be comfortable on the floor.

Retro Aerobics: Low impact cardio, core and strength exercises, plus a good stretch all with fun music and camaraderie!

Rock Steady Boxing: Rock Steady Boxing is a non-contact boxing based fitness curriculum designed to improve the quality of life for people with Parkinson's disease. Fee based.

Seated Yoga: Smooth gentle movements while seated. Strengthen the immune system while improving balance and stamina, and increasing flexibility with gentle yoga movements.

Senior Strength: This class includes exercises to improve muscular strength and ward off age-related muscle loss as well as keep bones strong, improve mobility, prevent falls, and combat depression. Seated and standing exercises included. Open to all levels. Modifications offered.

STEP: Great all-around exercise class. Modifications of your choice can make it great for most exercise levels.

Tabata: A 60-minute interval-based full body workout.

Zumba®: This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging, and dynamic workout.

Aquatics

Aqua Bata Bing: Is a shallow water TABATA workout in the river! This high energy HIIT program is six rounds of FUN! The intense workout is perfect for all fitness levels. Water shoes are suggested and webbed gloves would enhance your workout, but are not required.

Aqua Blaze: A grab bag of interval training and tabata workouts in the river with surprise suspended moves tossed in, making your body a calorie burning machine after class.

Aqua Bootcamp: High intensity water fitness with travel combinations interspersed with stationary exercises. Incorporating pyramid and interval training, power drills, speed bursts and kickboxing drills. Requires no coordination but lots of stamina.

Aqua Step: Aquatic step in the lap lanes adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water provides the perfect safe environment for a fun, low impact class that takes your fitness to the next level.

Aqua Strong: For moderate to higher fitness levels. This class in the river rotates to focus on primarily upper body and core strength or lower body and core strength to develop overall tone and strength. Water shoes strongly encouraged.

Deep Water Blast: Grab an aqua belt and plunge into the deep water. This class provides an intense, impact free workout that targets large muscle groups while improving core, strength and stability.

Family Swim: PWC offers a safe and enjoyable swimming environment for families to gather for swimming.

Flex & Flow: A slow paced class focusing on exercises to increase flexibility, improve balance and decrease joint pain. Held in the middle, shallow section of the aquatic area. Pool noodles are encouraged for stability and support.

Fluid Pilates: This aquatic workout features standing Pilates choreography that includes both isolated and sequenced movements which engage the POWERHOUSE through rhythmic arm and leg patterning in the river.

Liquid Silver: This class in the river will cover functional fitness with cardio, strength, balance and stretching! No equipment needed. This class moves to your beat!

Volleyball: Playing in the water makes the game gentle on your joints; come have some fun!

Water Gym: A gym-style circuit workout in the river working your upper body, lower body and core. Total body training in one workout -- take the plunge into Water Gym!