

# Powell Wellness Center Combined Fitness Schedule January 2024

**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.

• **Powell Wellness Center will be open from 8 am – 8 pm on New Year's Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (45 mins) <b>Cycling</b> Amy W.	7:00am (45 mins) <b>Cycling</b> Amy W.	8:00am <b>Deep Water Blast</b> Amy W. (Inner Pool)	8:00am <b>Aqua STEP</b> Amy W. (Lap Lanes)	8:00am <b>STEP</b> Sharon	9:00am <b>Aqua Bata Bing</b> Sharon (Inner Pool)
9:00am <b>Retro Aerobics</b> Sharon	8:00am <b>Aqua STEP</b> Amy W. (Lap Lanes)	8:00am <b>Everybody STEP</b> Sharon	8:30am <b>Kettlebell Strength</b> Karen	9:00am <b>Aqua Bata Bing</b> Sharon (Inner Pool)	10:00am <b>Practical Pilates</b> Sharon
9:00am <b>Aqua Blaze</b> Amy W. (River)	8:30am <b>Tabata</b> Christine	9:00am <b>Aqua Blaze</b> Amy W. (River)	9:00am <sup>NEW</sup> <b>Retro Aerobics</b> Sharon	9:00am (60 mins) <b>Cycling</b> Amy	
10:00am <b>Fortify Your Frame</b> Sharon	9:00am <sup>NEW</sup> <b>Golden Grooves</b> Katie	9:00am <b>Fortify Your Frame</b> Sharon	9:00am <b>Volleyball</b> (Lap Lanes)	10:00am <b>Yoga 1</b> Annette	
10:00am <b>Aqua Strong</b> Amy W. (River)	9:00am <b>Aqua Boot Camp</b> Amy W. (River)	10:00am <b>Fluid Pilates</b> Sharon (Inner Pool)	10:00am <sup>NEW</sup> <b>Kettlebell AMPD</b> Katie	10:00am <b>Water Gym</b> Sharon (Inner Pool)	<b>SUNDAY</b>
11:00am <b>Seated Yoga</b> Annette	10:00am <b>Core Focus</b> Katie	10:00am (60 mins) <b>Cycling</b> Amy W.	11:00am <b>Senior Strength</b> Katie	11:15am <b>Arthritis Mobility Essentials</b> Sharon	
11:00am <b>Flex &amp; Flow</b> Amy W. (Inner Pool)	11:00am <b>Senior Strength</b> Katie	11:00am <b>Beginners Yoga</b> Annette	11:00am <b>Liquid Silver</b> Sharon (Inner Pool)	1:00pm <b>Fluid Pilates</b> Sharon (Inner Pool)	
12:30pm <b>Chair One &amp; Seated Strength</b> Katie	11:00am <b>Liquid Silver</b> Sharon (Inner Pool)	12:30pm <b>Chair One &amp; Seated Strength</b> Katie	12:00pm <b>POUND®</b> Karen	4:00-6:00pm <b>Family Swim</b>	
1:30pm <b>Chair One High Intensity</b> Katie	12:00pm (45 mins) <b>Chair One Fitness</b> Katie	5:30pm <b>AMRAP HIIT</b> <sup>NEW</sup> Sharon (Inner Pool)	1:00pm <b>Rock Steady Boxing®</b> Bobby		
4:30pm <b>Zumba®</b> <sup>NEW</sup> Kelly	1:00pm <b>Rock Steady Boxing®</b> Bobby	5:30pm (60 mins) <b>Cycling</b> Mary Ellen	4:30pm <b>POUND®</b> Karen		
5:30pm <b>Aqua Bata Bing</b> Sharon (Inner Pool)	5:00-7:00pm <b>Family Swim</b>		5:30pm (75 mins) <b>Gentle Yoga &amp; Meditation</b> Amy B.		
5:30pm (50 mins) <b>Cycling</b> Gwen	5:30pm (75 mins) <b>Gentle Flow</b> Amy B.		5:30pm (50 mins) <b>Cycling</b> <sup>NEW</sup> Gwen		

## KEY:

 Group Fitness Studio (GPX)

 Aquatic class

 ZOOM online class

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

 Cycling Studio

# 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!

**Chair One High Intensity:** This 30 minute chair-based class will focus on faster and larger movements to increase aerobic intensity while minimizing impact on joints.

**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!

**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 woohoo-ing are welcome!

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

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

**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

**AMRAP HIIT:** This fun and intense HIIT class will challenge you to do one rep more each round!

**Aqua Bata Bing:** Is a shallow water TABATA workout in the river! This high energy HITT 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!