



Group fitness studio



Aquatic arena



Cycling studio



Rock Steady Boxing



Tai Chi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am (45m) <b>Cycling</b> Amy W. No class 9/22	7:00 am (45m) <b>Cycling</b> Amy W. No class 9/23	8:00 am <b>Deep Water Blast</b> Amy W. No class 9/24	8:00 am <i>lap</i> <b>Aqua Step</b> Amy W. No class 9/18, 25	7:00 am <b>Full Body Strength</b> Gwen	9:00 am <b>Aqua Bata Bing</b> Sharon
9:00 am <b>3 Mile Walk</b> Sharon	8:00 am <b>Aqua Step</b> Amy W. No class 9/23	9:00 am <b>Aqua Blaze</b> Amy W. No class 9/24	9:00 am <b>Aqua Volleyball</b>	9:00 am <b>Aqua Bata Bing</b> Sharon	10:00 am <b>Practical Pilates</b> Sharon
9:00 am <b>Aqua Blaze</b> Amy W. No class 9/22	9:00 am <b>FUNctional Strength</b> Katie	9:00 am <b>Fortify Your Frame</b> Sharon	10:00 am <b>FUNctional Strength</b> Katie	9:00 am (60m) <b>Cycling</b> Amy W. 9/19, 26 Gwen	2:00-4:00 pm <b>Family Swim</b>
10:00 am <b>Fortify Your Frame</b> Sharon	9:00 am <b>Aqua Boot Camp</b> Amy W. No class 9/23	10:00 am <b>Fluid Pilates</b> Sharon	11:00 am <b>Senior Strength</b> Katie	9:45 am <b>Functional Flow Yoga</b> Annette	
10:00 am <b>River Motion</b> Amy W. No class 9/22	9:00 am <b>Aqua Volleyball</b>	10:00 am (45m) <b>Cycling</b> Amy W. 9/24 Gwen	11:00 am <b>Liquid Silver</b> Sharon	10:00 am <b>Water Gym</b> Sharon	
11:00 am <b>Seated Yoga</b> Annette	10:00 am <b>Balance &amp; Stability</b> Katie	11:00 am <b>Tranquil Moves Yoga</b> Annette	12:00 pm <b>POUND®</b> Karen	11:00 am <b>Arthritis Mobility Essentials</b> Sharon	12:00-2:00 pm <b>Family Swim</b>
11:00 am <b>Flex &amp; Flow</b> Amy W. No class 9/22	11:00 am <b>Senior Strength</b> Katie	12:10 pm <b>Chair One Seated Strength</b> Katie	1:00 pm <b>Rock Steady Boxing</b> Bobby	12:00 pm <b>3 Mile Walk</b> Sharon	
12:10 pm <b>Chair One Seated Strength</b> Katie	11:00 am <b>Liquid Silver</b> Sharon	1:00 pm <b>Rock Steady Boxing</b> Bobby	5:00-8:00 pm <b>Family Swim</b>	1:00 pm <b>Fluid Pilates</b> Sharon	
1:00 pm <b>Rock Steady Boxing</b> Bobby	1:00 pm <b>Rock Steady Boxing</b> Bobby	4:30 pm <b>Zumba®</b> Kelly	5:30 pm (75m) <b>Gentle Yoga &amp; Meditation</b> Amy B.	4:00-7:00 pm <b>Family Swim</b>	
4:30 pm <b>Zumba®</b> Kelly	4:00 pm <b>POUND®</b> Karen	5:30 pm <b>Mild to Wild</b> Sharon			
5:30 pm <b>Aqua Bata Bing</b> Sharon	5:00-7:00 pm <b>Family Swim</b>	5:30 pm (60m) <b>Cycling</b> Mary Ellen			
5:30 pm (60m) <b>Cycling</b> Gwen	5:30 pm (75m) <b>Gentle Flow Yoga</b> Amy B.	6:00 pm <b>Tai Chi</b> session 8/20-10/8			
5:30 pm (60m) <b>Bootcamp Yoga</b> Amy B.	7:00-8:00 pm <b>River Swim</b>	7:00-8:45 pm <b>Aqua Basketball</b> center pocket			
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## SUNDAY

Please note: No admittance to group exercise classes 5 minutes after class has started.

### CENTER HOURS

**Saturday & Sunday:** 8:00 am - 6:00 pm

**Monday-Thursday:** 5:30 am - 9:00 pm

**Friday:** 5:30 am - 8:00 pm



SCAN to sign up for text updates  
for PWC & PRFC fitness classes

# Fitness class descriptions

## CLASSROOM & CYCLING

**3 Mile Walk:** Constant movement in this low impact, cardio boosting workout will ensure lots of steps that add up to 3 miles.

**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.

**Balance & Stability:** Explore exercises that will help improve balance & stability in everyday life. Through use of various equipment, participants will practice exercises that safely help challenge & improve balance. Participants must be able to stand. 45-minute class.

**Bootcamp Yoga:** Yoga means union of mind, body, and breath. This class combines yoga asanas (poses) with resistance (weight) training, and breath awareness to help strengthen both the mind and the body.

**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.

**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.

**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 targets every major muscle group with a progressive approach to utilizing the powerful force of gravity.

**Full Body Strength:** A full-body HIIT workout with exercises such as squats, deadlifts, push ups, crunches, lunges & more performed in intervals of 40 seconds activity, 20 seconds rest.

**Functional Flow Yoga (prev. Yoga 1):** Increase balance, flexibility and nervous system resilience in this more challenging class. Functional postures flow with movement & breath, followed by deep rest. Previous yoga experience preferred.

**FUNctional Strength:** A dynamic and challenging strength workout focusing on movements that support activities of daily living, balance & coordination. Participants will explore modalities and equipment such as kettlebell, TRX, resistance bands & dumbbells.

**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.

**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.

**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:** Practice mindful movement combined with the breath to improve flexibility, focus, balance & nervous system resilience all while sitting in a chair. Open to all levels seeking a gentle and relaxing experience.

**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 exercise included. Open to all levels. Modifications offered.

**Tai Chi:** Combining relaxation with precision of movement, Taste of Tai Chi intro classes & a fee-based 8-week Fundamentals session are offered regularly. The Yang-style form is taught with all movements done from a standing position. Registration has closed for the current 8-week Fundamentals session underway through 10/8. New dates will be shared soon. Program details:

<https://powellwellnesscenter.org/tai-chi-program/>

**Tranquil Moves Yoga (prev. Beginners' Yoga):** Connect mindful movement and breath to support your journey to wellness and nervous system resilience. Perfect for all levels and can be done in a chair or on a mat.

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

## AQUATIC CLASSES & ACTIVITIES

**Aqua Basketball & Aqua Volleyball:** Playing in the water makes these games more gentle on your joints; come have some fun!

Aqua Volleyball is held in the lap lanes

**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 Boot Camp:** 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:** Step in the water incorporates large dynamic moves that will improve your cardiovascular endurance levels and muscle strength. Water provides the perfect safe environment for a fun, low impact class in the lap lanes that takes your fitness to the next level.

**Deep Water Blast:** Grab an aqua belt and plunge into the deep water. This class provides an intense, impact free workout targeting 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!

**Mild to Wild:** 50-minute water class that consists of intervals of higher intensity exercise paired with low intensity intervals of mind & body exercise, such as Ai Chi, yoga, Pilates & more.

**River Motion:** Focusing on balance, strength & flexibility, participants use a variety of movements & exercises while traveling around the river. For beginner & intermediate fitness levels.

**River Swim:** Swim laps in the river! (Swimmers have right of way)

**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!