



INSPIRE

Weekly Group Exercise Class Schedule



Aquatics Programming

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9am	Water Aerobics (Advanced)	Open Swim	Saltwater Circuit (Advanced)	Open Swim	Water Aerobics (Advanced)
3:15pm-3:45pm		Water Aerobics (Beginner)		Water Aerobics (Beginner)	

Land Programming

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30		Advanced TRX		Advanced TRX	
9:30am-10am			BEAT*		Bike Club
10am-10:30am	Advanced/floor Yoga	BEAT*	BEAT*		Bike Club
10:30am-11am	BEAT*	Advanced Balance	Core and Agility	Advanced Balance	PWR!Moves Parkinson's Class
11am-11:30am					
11:30am-12pm	Beginner Functional Fitness	Intermediate Balance	Beginner Functional Fitness	Intermediate Balance	Ageless Grace
2pm-2:30pm		Beginner Balance		Beginner Balance	
3:00-3:30pm			3:30pm Advanced Yoga	Line Dancing - Silver Shakers	
4:00pm	Ping Pong Club		4:30pm Tai Chi		Ping Pong Club

*pre-approval from Wellness Director is required for this class

IN ADDITION: Tai Chi with Oliver - Saturdays at 10am (standing)

Yoga with Ashley - Sundays at 4pm (seated)

Wellness Club Meetings:

Bike Club – Friday’s at 9:30am meet at the front of the Main Building (weather permitting)

Ping Pong Club – Monday and Fridays at 4pm in the Wellness Studio

Please request a copy of the Channel 1395 Virtual Exercise Class Schedule if interested



FREE services offered to you (by appointment):

- **Wellness Assessment/ Reassessment**
- **Individualized Exercise Prescriptions/
Plans**
- **Equipment Orientations**

FREE “Drop-in” services offered to you (M-F 7:45am-4pm):

- **Blood pressure, Blood oxygen saturation,
Heart rate testing**