

Powell Wellness Center Combined Fitness Schedule January 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am Retro Aerobics <i>Kelly</i>	8:00am Aqua STEP <i>Amy (Lap Lanes)</i>	8:00am Deep Water Blast <i>Amy (Inner Pool)</i>	8:00am Aqua STEP <i>Amy (Lap Lanes)</i>	8:00am STEP <i>Sharon</i>	9:00am Aqua Bata Bing <i>Sharon (River)</i>
9:00am Aqua Blaze <i>Amy (River)</i>	8:00am Good Morning Yoga <i>Kelly</i>	8:00am Everybody STEP <i>Sharon</i>	8:30am Cardio <i>Christine</i>	9:00am Aqua Bata Bing <i>Sharon (River)</i>	10:00am Practical Pilates <i>Sharon</i>
10:00am Fortify Your Frame <i>Sharon</i>	8:30am Tabata <i>Christine</i>	9:00am Aqua Blaze <i>Amy (River)</i>	9:00am Retro Aerobics <i>Kelly</i>	10:00am Yoga 1 <i>Annette</i>	
10:00am Aqua Strong <i>Amy (River)</i>	9:00am Zumba® <i>Kelly</i>	9:00am Fortify Your Frame <i>Sharon</i>	9:00am Volleyball <i>(Lap Lanes)</i>	10:00am Water Gym <i>Sharon (River)</i>	
11:00am Seated Yoga <i>Annette</i>	9:00am Aqua Boot Camp <i>Amy (River)</i>	10:00am Fluid Pilates <i>Sharon (River)</i>	10:00am Zumba Gold® <i>Kelly</i>	11:15am Arthritis Mobility Essentials <i>Sharon</i>	SUNDAY
11:00am Flex & Flow <i>Amy (Inner Pool)</i>	10:00am Core Focus <i>Katie</i>	11:00am Beginners Yoga <i>Annette</i>	11:00am Senior Strength <i>Katie</i>	12:30pm Walk, Strength & Stretch <i>Sharon</i>	12:00-2:00pm Family Swim
12:30pm Walk, Strength & Stretch <i>Sharon</i>	11:00am Senior Strength <i>Katie</i>	12:30pm ^{NEW} Cardio Lunchbox <i>Katie</i>	11:00am Liquid Silver <i>Sharon (River)</i>	2:00pm Joint Tune-up <i>Sharon (Lap Lanes)</i>	
4:30pm Aerobics & Core <i>Kelly</i>	11:00am Liquid Silver <i>Sharon (River)</i>	4:30pm Aerobics & Strength <i>Kelly</i>	1:00pm Rock Steady Boxing® <i>Bobby/Heather</i>	4:00-6:00pm Family Swim	
5:30pm Aqua Bata Bing <i>Sharon (River)</i>	1:00pm Rock Steady Boxing® <i>Bobby/Heather</i>	5:30pm Fluid Pilates <i>Sharon (River)</i>	4:15pm Practical Pilates <i>Sharon</i>		
5:30pm (75 mins) Yoga for the Pelvic Floor <i>Amy</i>	5:00-7:00pm Family Swim	5:30pm Reset Stretch <i>Kelly</i>	5:30pm (75 mins) Gentle Yoga & Meditation <i>Amy</i>		
	5:30pm (75 mins) Gentle Flow <i>Amy</i>				

KEY:

- Group Fitness Studio (GPX)
- Aquatic class
- ZOOM online class
- Rock Steady Boxing program. Monthly program fee. \$50/members, \$100/non-members

Combined Fitness Class Descriptions

Group Fitness

Aerobics & Core: Low and high impact cardio options, strength exercises, core on the floor plus a good stretch.

Aerobics & Strength: Low and high impact cardio options, strength exercises plus a good stretch.

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.

Cardio: Increase your heart rate and burn calories! Low impact options offered.

Cardio Lunchbox: Fight the midday slump with this high energy 30 minute cardio workout! Non-contact boxing movements and bodyweight cardio will ensure a fun and effective workout that relieves stress and burns calories. Low impact options offered. For all fitness levels.

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.

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!

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.

Good Morning Yoga: Start your morning with fun flow of breath work and yoga to prepare your body and mind for the day ahead.

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.

Reset Stretch: Ease into your evening with a thorough guided stretch to help release tired muscles and stress.

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 30-minute interval-based full body workout.

Walk, Strength & Stretch: A perfect blend of all three fitness components in a 45 minute workout. Each section is fifteen minutes long, measured perfectly to give you 2000 steps. Utilizing total body strength and ending with a relaxing seated stretch. For all fitness levels.

Yoga for the Pelvic Floor: classes combine gentle postures with easy movement, breathwork and guided meditation. Additional poses focusing on the health and strength of the pelvic floor. Blanket or covering recommended for comfort.

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

Zumba Gold @: 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!

Aquatics

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.

Joint Tune-up: This aqua fitness workout in the lap lanes provides an exercise prescription for aging and living well. It will provide a movement library that targets the needs of the aging body, including joint mobility, balance and gait through functional training.

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!

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!