

Fitness Class Schedule



M	T	W	Th	F
Functional Fit 8:00 - 8:45 am WCR		Functional Fit 8:00 - 8:45 am WCR		Functional Fit 8:00 - 8:45 am WCR
Power Circuit 9:00 - 9:45 am Green		Mat Mania 9:00 - 9:45 am Green		Power Circuit 9:00 - 9:45 am Green
		Country Line Dancing Beginners Class* 9:30 - 10:30 am Country Line Dancing Intermediate Class* 10:30 - 11:30 am WS		
NeuroFlex 2:30 - 3:00 pm WCR		NeuroFlex 2:30 - 3:00 pm WCR		NeuroFlex 2:30 - 3:00 pm WCR

CLASS INFORMATION

Class Levels:
 Low Intensity
 Moderate Intensity
 High Intensity

Locations:
 WCR – West Community Room
 Green – Crossings Green
 WS – Wellness Studio

(*) Classes labeled with one asterisk are resident run.

Contact Information:

Wellness Office: 3084
 wellness@landishomes.org

Class Descriptions

Country Line Dance – This version of line dancing is a low-key dance to music in which dancers follow a choreographed pattern of steps as a group. This activity helps improve balance, coordination, endurance, concentration, and memory. We don't take ourselves too seriously which makes for a fun time. If you like moving in step to music, come check it out. You can come to the beginner's class to start learning the steps. No partner needed.

Functional Fit – This class is for the individual who has never exercised before or for the dedicated soul who exercises daily. Learn ways to increase flexibility and strength in your whole body to enhance daily functional activities. This class also incorporates exciting ways to work on balance and posture.

Mat Mania – This challenging class will combine core, strength, and stretch all in one 45-minute mat-based class. Keep your body balanced and aligned with a total body workout on the floor!

NeuroFlex – A unique, progressive wellness program, NeuroFlex is designed to improve or manage the physical symptoms, secondary injuries, and medical conditions that are associated with neurological disorders or anyone who desires a low-intensity exercise routine.

Power Circuit – This class is for the individuals looking to challenge their fitness level in a group exercise setting. Power circuit utilizes HIIT (High intensity interval training) techniques to help improve both strength, power, and cardiovascular ability. Class is an encouraging and upbeat environment where you can go at your own pace and strive to meet your personal goals.