

# Fitness Class Schedule

September- November 2021



M	T	W	Th	F
<b>Functional Fit</b> 8:00 - 8:45 am WS	<b>Walking Class</b> 8:00 - 8:30 am Green	<b>Functional Fit</b> 8:00 - 8:45 am WS	<b>Walking Class</b> 8:00 - 8:30 am Green	<b>Functional Fit</b> 8:00 - 8:45 am WS
<b>Power Circuit</b> 9:00 - 9:45 am WS	<b>Balance 2</b> 9:00 - 9:45 am WS	<b>Mat Mania</b> 9:00 - 9:45 am WS	<b>Balance 2</b> 9:00 - 9:45 am WS	<b>Power Circuit</b> 9:00 - 9:45 am WS
	<b>Parkinson's**</b> 10:30 - 11:30 am WS	<b>Country Line Dancing*</b> 10:00 am - 12:00 pm WS	<b>Parkinson's**</b> 10:30 - 11:30 am WS	<b>Chair Yoga**</b> 10:00 - 11:00 am WS
<b>NeuroFlex</b> 2:30 - 3:00 pm WS	<b>Balance 1</b> 2:30 - 3:00 pm WS	<b>NeuroFlex</b> 2:30 - 3:00 pm WS	<b>Balance 1</b> 2:30 - 3:00 pm WS	<b>NeuroFlex</b> 2:30 - 3:00 pm WS

**Class Levels:**  
 Low Intensity  
 Moderate Intensity  
 High Intensity

**Locations:**  
 Green – Crossings Green  
 WS – Wellness Studio

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

(\*\* ) Classes labeled with two asterisks have a fee and participants must pre-register.

**Contact Information:**

Wellness Office: 3084  
 wellness@landis.org

**Fitness Center Staffed Hours:**

Monday, Wednesday, Friday-  
 11:00 am-12:00 pm

Tuesday and Thursday-  
 1:00 pm-2:00 pm

# Class Descriptions

**Balance 1** – This class focuses on improving strength and posture, while also challenging your balance in a safe and friendly environment. Balance bars will be used to provide stability and support as you work to improve both balance and mobility.

**Balance 2** – Balance 2 aims to improve balance in individuals who are looking to maintain and challenge their coordination and stability. Participants will utilize the balance bars but also go through exercises independently. \*Residents can only attend this class if referred by a Wellness Team Member.

**Chair Yoga** - This low intensity class is a gentle class in which yoga postures are performed while seated and/or with the aid of a chair. Residents can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. This class has a small fee. Please contact the wellness center for more information.

**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.

**Parkinson's Wellness Program** – This 3-month evidence-based program is designed to empower those living with Parkinson's disease by improving their physical function and helping to delay the progression of their symptoms. These safe and fun classes focus on strength, cardio, flexibility, balance, functional training, vocal training and multi-tasking. Contact the Wellness Center regarding registration and program fees.

**Power Circuit** – This class is for 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.

**Walking Class**- If you are looking for a way to get your heart rate up and improve your aerobic endurance, this class is for you! During each class residents will have the option to participate in either the power group or the casual group. While both groups will aim to improve overall fitness, the casual group will give the option to walk at a slower pace.