

| WELLNESS CENTER FALL/WINTER FITNESS CLASSES | | | | | | |
|--|--------------------|-----------------------|--------------|---------------|----------------------|-----------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7:30am | Morning Walk | Morning Walk | Morning Walk | Morning Walk | Morning Walk | |
| 9:00am | Strength & Balance | Aqua Aerobics or Yoga | | Aqua Aerobics | Cardio Mix | Aqua Aerobics or Yoga |
| 10:00am | Tai Chi | | Tai Chi | | Tai Chi Intermediate | |
| 6:00pm | | | Yoga | | | |
| <i>*Classes are free with valid Member pass or POA card. Guest pass classes are \$5.</i> | | | | | | |

Walk

The walk usually takes about an hour and varies from day to day.

Aqua Aerobics

This class will work to loosen and strengthen those muscles. The instructor will begin the first 20 minutes of class focusing on cardio endurance, working not only the heart and lungs but all muscles of the body, including the tummy, legs, and facial muscles. Vocals will also be worked. Working out for an hour has never been so fun!

Yoga

Whether your feet have never touched a yoga mat, or you have a few down dogs under your belt, this class will inspire you. You will learn how to safely strengthen, stretch, balance and relax your mind and body, all while focusing on your breathing. It is more of a workout than you think! ***Wednesday classes are intermediate level.***

Strength & Balance

Exercises that call on balance and stability will be performed. These can include bicep & curls while balancing on one foot or a single leg balance exercise while holding a dumbbell in the opposite hand. Core exercises that also require stability will be part of this class.

Cardio Mix

A combination of cardio and weight training exercises (you chose the weight) that will be performed in sets of 3 with a 1-minute rest in between. Exercises will include squats, lunges, jumping jacks, butt kicks, kettleball swings and core work.

Tai Chi

Tai Chi is an internal Chinese martial art that is practiced for both defense training, and it's health benefits. This class will help improve your fitness level as well as your balance, circulation, muscular endurance, and, most importantly, your quality of life. This class will take place at the Beach Pavilion when weather permits.

Please note the Friday Tai Chi class is an intermediate level.

**For more information,
please call 828.694.3005**



WELLNESS CENTER
AT
RUMBLING BALD RESORT