

# Group Health & Wellness Schedule

## November 2022

Hourly Child Care is available Monday - Thursday 8am - 6pm and Fridays 8am - 12pm.  
Reservations for childcare are required 2-3 day in advance by calling (828) 254-7206 x 113.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Vitality through Strength (2/3)</b> 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Balance and Core (2/3)</b> 10:00-10:45 pm <i>Fitness Studio</i> Fyffe</p> <p><b>5x5 Strength(2)</b> 11:00-11:30 pm <i>Fitness Studio</i> Sam</p> <p><b>Kundalini Yoga (2/3)</b> 4:30-5:45 pm <i>Fitness Studio</i> Maripa</p>	<p><b>Groovin' with Fyffe (2)</b> 10:00-11:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Senior Seated Movements for Mobility (1)</b> 11:00-11:45 am <i>Fitness Studio</i> Fyffe</p> <p><b>Pilates (2)</b> 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p><b>New Class!</b> <b>Guided Inner Compassion (1)</b> 1:15-2:00 pm <i>Fitness Studio</i> Cynthia</p> <p><b>Body Love (2)</b> 5:15-6:15 pm <i>Fitness Studio</i> Sam</p>	<p><b>Stretching for Everyday (1/2)</b> 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Groovin' with Fyffe (2)</b> 10:00-11:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Member Orientation</b> 10:30-11:30 am <i>Gym</i> Sam</p> <p><b>Community Class</b> <b>Gentle Yoga (1/2)</b> 2:00-3:00 pm <i>Fitness Studio</i> Michal</p> <p><b>Community Class</b> <b>Meditation (1)</b> 3:15-3:45 pm <i>Fitness Studio</i> Michal</p>	<p><b>Vitality through Strength (2/3)</b> 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Senior Stability and Balance (1)</b> 10:15-11:00 am <i>Fitness Studio</i> Fyffe</p> <p><b>Pilates (2)</b> 12:00-1:00 pm <i>Fitness Studio</i> Sam</p>	<p><b>Myofascial Release (2)</b> 11:00-11:30 am <i>Fitness Studio</i> Sam</p> <p><b>Prenatal Fitness (2)</b> 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p><b>Sensual Dance Fitness (2/3)</b> 4:30-5:30 pm <i>Fitness Studio</i> Sam</p>	<p><b>Senior Stretch &amp; Strength (1)</b> 10:00-11:00 am <i>Outside/ MPR</i> Ellen</p>

### Upcoming Courses:

Open to Members and General Public; Scholarships Available

- **Empowered Self Defense:**  
Seven-week course; October 5th - November 16th  
Time: Wednesdays, 5:30-6:45 pm
- **Guided Inner Compassion:**  
Eight-week course; October 18th - December 13th  
Time: Tuesdays, 1:15-2:00 pm

### Community Classes:

These classes are open and free for ALL

- **Gentle Yoga (1/2)**  
A gentle yoga practice incorporating qigong-inspired movements, breathwork, and gentle poses to stretch and strengthen.
- **Meditation (1)**  
Reduce stress, strengthen focus and attention, expand your positive emotions through guided meditation. No lotus pose required - you're welcome to sit on a cushion or on a chair!

## Class Descriptions

### 5x5 Strength (2/3)

Focused on the 5 primary movements; bend and lift, push, pull, rotational movement, and single leg.

### Balance and Core (2/3)

An injury prevention class focusing on strengthening the core and increasing balance utilizing mat, standing and stability ball exercises.

### Body Love (2)

This class uses body neutral language and cues to promote self-acceptance and self-confidence. Class includes yoga, pilates, strength training, and dance elements.

### Kundalini Yoga (2/3)

Learn the art of relaxation, self-healing & elevation. Each class is a dynamic blend of yoga postures, movement, breathwork, mantra, and meditation.

### Groovin' with Fyffe (2)

Have some fun, dance to your favorite classics, all while improving aerobic capacity and endurance.

### Gentle Yoga (1/2)

A gentle yoga practice incorporating qigong-inspired movements, breathwork, and gentle poses.

### Meditation (1)

Reduce stress, strengthen focus and attention, expand your positive emotions through guided meditation.

### Myofascial Release (2)

Release tension in tight muscles using Myofascial Release techniques and gentle movement flows.

### Pilates (2)

Strengthen your core and pelvic floor muscles. Class will help improve stability, and overall strength.

### Seated Movements for Mobility (1)

Gentle seated exercise to improve strength, flexibility, and mobility. Designed for those easing their way back into fitness, or rehabbing an injury.

### Sensual Dance Fitness (2/3)

Starting with a full body warm up, class will lead into step-by-step instruction to create a 2 minute low-impact dance that is empowering and fun.

### Senior Stability and Balance (1)

For those who want to regain or retain balance. Standing and chair exercises will help increase confidence in daily activities.

### Senior Stretch & Strength (1)

Get your blood flowing, improve your overall strength and enhance your flexibility.

### Stretching for Everyday (1/2)

Designed to improve range of motion and reduce muscle fatigue, while increasing physical activity.

### Prenatal Fitness (2/3)

Class uses ACOG guidelines to provide safe and important movement during pregnancy.

### Vitality through Strength (2/3)

Alternating between upper and lower body strength training exercises for the ultimate challenge.

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## Class Physical Exertion Key:

*(Modifications can be made in all classes for different skill levels)*

1. Low impact, slow movements.
2. Focused on muscle endurance and mobility.
3. Classes use weights to strengthen and extend cardio endurance.
4. Technical movements and strength building
5. Increased difficulty with vigorous movements and long holds/stretch.

Drop in free week