

GRAND ARBOR CLASS SCHEDULE - SPRING 2017

(320) 759-4613

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:30	AquaFit/Lori	6:30	Hydrorider Alice 	6:15	Wake Up Workout/Alice	6:30	Indoor Cycling Bike Rm/Alice	6:15	Wake Up Deep Water Workout/Alice
7:45	Indoor Cycling Bike Rm/Jen	8:30	Pilates-A/Jen	7:30	AquaFit/Alice	8:30	Pilates-A/Jen	7:30	Aqua Fit /Alice
9:00	AquaFit/Alice	9:00	Gentle Waves Alice	9:00	AquaFit/Kayla	9:00	Gentle Waves Lori	9:00	Aqua Fit/Kayla
9:15	Active Aging-A Lori/Jen	9:15	Active Aging-B Stacey/Kayla	9:15	Active Aging-A Alice/Jen	9:15	Active Aging-B Stacey/Alice	9:15	Active Aging-A Lori/Jen
10:00	Total Knee/Hip Aqua Class/Alice	9:30	Balance Foundations-A Jen	10:00	Total Knee/Hip Aqua Class/Alice	9:30	Balance Foundations-A Jen	10:00	Total Knee/Hip Aqua Class/Alice
10:30	Cardio Circuit-A Lori	9:50	Active Aging Aqua/Alice	10:30	Cardio Circuit-A Kayla	9:50	Active Aging Aqua/Lori	10:30	Classic-A Lori
3:30	Hydrorider Alice 	10:15	Balance 2-B Stacey	3:00	Working with Weights/Alice-A	10:15	Balance 2-B Stacey	<u>SATURDAYS</u> 2:00-4:00 P.M. RESIDENT/ EMPLOYEE FAMILY SWIM CHILDREN WILL BE PRESENT	
4:00	Deep Water Alice	10:30	Classic-A Jen	4:00	Deep Water Alice	10:30	Classic-A Lori		
A = Classroom A B = Classroom B		4:15	Interval-A Kayla	5:15	Hydrorider Stacey 	12:00	Hydrorider Alice 		
		4:30	Whole Body Conditioning Lori			4:15	Get Fit-B Jen		
		THE HYDRORIDER WATER CLASS REQUIRES PRE-REGISTRATION!				4:30	Whole Body Conditioning Stacey		

NELSON GABLES CLASS SCHEDULE - SPRING 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:00	Active Aging Pam/Kayla	9:00	Active Aging Pam/Lori	9:00	Active Aging Pam/Lori	9:00	Active Aging Pam/Kayla	9:00	Active Aging Pam
10:30	Classic Pam/Kayla			10:30	Classic Lori			10:30	Silver & Fit® Explore/Pam
3:00	Brain Health Activity Room Pam								

Nelson Wellness Center Hours
 5:00 a.m. to 12:00 midnight every day!
 Our pool is open 5:00 a.m. - 10:00 p.m. and
 Closes at 9:00 p.m. on Wednesdays.

ACTIVE AGING: This class is designed for individuals who are physically independent and can move throughout the classroom without an assistive device. This class helps to improve functional upper and lower body strength, weight-bearing endurance, strength for balance and gait mobility.

ACTIVE AGING AQUA: Entry level small group pool class designed for residents or deconditioned participants who are able to exercise without one-to-one assistance. This class is set at a slow pace, includes breaks and covers basic pool exercises.

AQUAFIT: Activate your aqua urge for variety! Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a variety of aquatic resistance tools are used to develop strength, balance and coordination.

BALANCE FOUNDATIONS: Beginning Balance class focusing on strength and flexibility for balance. Participants must be able to move around the classroom without an assistive device.

BALANCE 2: Intermediate Balance class focusing on strength and flexibility for balance.

CARDIO CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a massage ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

DEEP WATER EXERCISE: A fun, high tempo class that takes place in the deep water of the pool. Participants will challenge their core through suspended training and work on building strength and cardio endurance through water resistance.

GENTLE WAVES: This program incorporates the buoyancy of water and soothing warm water to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while building stronger muscles and overall stamina.

GET FIT: A high intensity whole body workout in a fast paced environment.

HYDRORIDER: ^H_{YDRO}^{RIDER} This 30 minute class provides a user-friendly, water cycling class that's perfect for any skill level. Buoyancy provides support for your joints and your resistance level is based on your own effort. It's a full-body cardio workout that provides a unique biking experience for the beginner to the veteran athlete. **This is a six week session and pre-registration is required.**

INDOOR CYCLING: This high-intensity class will improve your cardiovascular fitness and challenge your heart rate like no other class. Pedal through hill climbs, sprints, and many other cycling drills. Remember to bring a towel and water bottle!

INTERVAL TRAINING: This class mixes cardio with toning intervals to boost metabolism and producing greater benefits in a short amount of time. Have fun, encourage others, and work hard at the same time!

PILATES: Develop core strength and flexibility with a series of slow and controlled movements. Pilates allows you to challenge your mind, body and spirit while using Breath, Coordination, Balance and Concentration.

SILVER & FIT EXPLORE®: Whether you are just getting started or returning to an exercise routine, the Silver & Fit Explore® class will help you increase your heart health, muscular endurance and strength, flexibility and balance.

TOTAL KNEE & HIP AQUA CLASS: Whether you are trying to increase strength and flexibility in preparation for your scheduled knee or hip surgery or after your total knee or hip replacement, continue on your road to recovery and wellness. Once physical therapy has ended, join us for a fun class that includes strength, flexibility, range of motion, balance and is physical therapy principle based in our warm water pool.

WAKE UP WORKOUT: Jump start your morning with this fun, high intensity pool class. A variety of flexibility, strength, and cardio exercises will add variety and challenge in both the shallow and deep water. Come get your workout in early and feel great the rest of the day!

WORKING WITH WEIGHTS: This class introduces the fundamental skills of weight training for personal fitness. We will work large and small muscles groups with focus on abdominal, bicep, triceps, back, quadriceps and hamstrings.

WHOLE BODY CONDITIONING: This class is a moderate intensity and will primarily take place in the shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.