

2020 GROUP EXERCISE CLASSES

FREE FOR ALL MEMBERS!

*SCHEDULE SUBJECT TO CHANGE

HEALTHIER, TOGETHER.™

New - YOGA BASICS

Tuesday and Thursday: 7:45-8:30 a.m.

This beginner/intermediate class utilizes Vinyasa yoga to lead participants through poses linked together to create strength, flexibility, balance and endurance. This instructor-led class will also focus on breathing and relaxation as well to reduce stress.

New - YOGA:

LEARN-BY-DOING

2nd Monday of the month: 8:15-8:45 a.m.

This monthly class focuses on learning yoga poses. This instructor coached format uses a learn-by-doing approach of select poses to help participants improve their yoga practice.

New - TEAM TRAINING GOLD

Wednesday and Friday: 8:15-8:45 a.m.

Together **Everyone Achieves More Gold** is a boot camp style class for those intermediate/ advanced exercisers ages 60 & over. The instructor coached class format is designed specifically for the older adult using circuits, complexes, and strength/conditioning drills.

SENIOR STRENGTH & FUNCTION

Tuesday and Thursday: 9-9:45 a.m.

For individuals 60 & over, this beginner/intermediate class is focused on exercising to improve strength, flexibility/mobility, function, and balance. This instructor-led class uses obstacle courses, circuit work and functional activities along with strength/range-of-motion exercises.

Non-member class punch cards:

8 classes - \$40 / Day pass: \$8

365 S. Crown Hill Rd - Orrville, OH

330-684-4732

New - CHAIR YOGA & STRETCH

Monday and Thursday: 10-10:30 a.m.

This beginner/intermediate class utilizes chair-based yoga poses and stretches to focus on gentle stretching and strengthening. This instructor-led class will incorporate breathing/relaxation exercises incorporated with poses to reduce stress.

ALIGN & DEFINE

Monday and Wednesday: 5:15-6 p.m.

Saturday: 9:15-10 a.m.

This beginner-advanced strength class will focus on supporting joint health & enhanced muscle strength/definition. The instructor coached class format will include circuits/complexes to promote joint health and maximal gains.

TEAM TRAINING

Wednesday and Friday: 9:15-10 a.m.

Tuesday and Thursday.: 5:30-6:15pm

Together **Everyone Achieves More** is a boot camp style class for intermediate/advanced exercisers. The instructor coached class will use a variety of strength and conditioning formats.



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