

GROUP EXERCISE CLASSES

Orrville Location

Free For All Members!

HEALTHIER, TOGETHER.™

ALIGN & DEFINE

Wednesday, Friday, Saturday: 9:15-9:55 a.m.

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

HIIT

Monday: 5:15—5:45p.m.

This is a class for beginner to advanced participants. The instructor-coached class aims to improve strength, build muscle and maximize calorie burn through short, high-intensity activity with short rest periods. This class is great for the person looking to get the most out of a short time period in the gym.

CHAIR YOGA & STRETCH

Monday and Thursday: 10:30—10:55a.m.

This beginner class utilizing chair-based yoga leads participants through poses linked together to focus on gentle stretching and strengthening. This class is beneficial for those who want to practice yoga seated while also incorporating breathing/relaxation and poses to reduce stress.

TEAM TRAINING

Tuesday and Thursday: 5:15—5:55 p.m.

Together Everyone Achieves More is a boot-camp style class for those intermediate to advance exercisers looking to encourage and challenge each other in a group setting. The class format includes group training work designed specifically for the older adult around circuits, complexes drills and strength/conditioning exercises.

SENIOR STRENGTH & FUNCTION

Monday and Thursday: 10—10:25 a.m.

For basic to intermediate exercisers aged 60 & over, this class is focused on exercising in a group setting to improve strength, flexibility, mobility, function and balance. The goal is to be functionally fit for activities of daily living and to lead participants to improved health.

FLEX & BALANCE

Tuesday: 10—10:25 a.m.

This beginner to intermediate class focuses on flexibility and balanced-based activities that promote better health and wellness. Basic flexibility exercises while incorporating balance functioning will allow participants the freedom of movement, maintain function & independence, and ease of basic tasks.

These classes are FREE for Aultman Orrville Sports & Wellness Members.

**Non-Member class punch cards:
8 classes—\$40 / Day pass: \$8**

Aultman Orrville Sports & Wellness

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