



GROUP EXERCISE CLASSES

Carrollton Location

**These classes are FREE for
Aultman Orrville Sports
and Wellness members.**

Non-member class punch cards:
8 classes—\$40 • Day pass: \$8

SENIOR STRENGTH AND FUNCTION

Monday and Friday | 10-10:25 a.m.

This class is for beginner to intermediate exercisers ages 60 and over with a focus 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.

CHAIR YOGA AND STRETCH

Monday and Wednesday | 10:30-10:55 a.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.

FLEX AND BALANCE

Tuesday and Thursday | 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 freedom of movement, maintain function and independence, and ease of basic tasks.

SIT, STRENGTHEN AND STRETCH

Tuesday and Thursday | 1-1:25 p.m.

This class is for beginner to intermediate exercisers who prefer seated or chair-supported exercises. This class will focus on full body strength exercises to support improved activities of daily living, core stability and posture followed by stretching to support joint mobility.

ALIGN AND DEFINE

Tuesday and Thursday | 12:30-12:55 p.m.

This 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 strength gains.