

# GROUP EXERCISE CLASSES

Orrville Location

Free For All Members!

HEALTHIER, TOGETHER.™

## ALIGN & DEFINE

**Wednesday and Friday: 9:15-9:55 a.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 gains.

## 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.

## SENIOR STRENGTH & FUNCTION

**Monday and Thursday: 10—10:25 a.m.**

This class is for beginner to intermediate exercisers aged 60 & 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.

## 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 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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