

Group Wellness Classes



MEDITATION Monday 2:00 — 2:30 PM (Butternut 3)	AQUATICS Tuesday 10:00 — 10:45 AM (Aquatic Center)	AI CHI Thursday 11:00 — 11:30 AM (Aquatic Center)	STRENGTH & CONDITIONING Mon, Wed, Fri. 11:15 — 12 PM (Meeting Room)	ADV. STRENGTH & CONDITIONING Monday 10:15 — 11 AM (Meeting Room)	YOGA Wednesday & Friday 8:00 — 9 AM (Meeting Room)
Take time for yourself during this guided meditation class. Focus on deep relaxation, breath, and peace. This calming and rejuvenating class can reduce stress/anxiety, enhance your own connection to self, and improve overall well-being. Meditation decreases high blood pressure, lessens pain levels, and can enhance the immune system. No previous meditation experience is necessary. Instructor: Aly, OT	Non-stop movement featuring calisthenics exercise using water resistance to increase strength, flexibility, and muscle tone as well as a great cardiovascular workout! Aquatics lessens stress on joints while muscles work against the natural resistance of water. Individuals may enhance their workouts through the use of resistance equipment. Instructor: Tasia, OT	An aquatics program that integrates Tai Chi and slow deliberate movements to improve balance. Benefits of the program include increased range of motion, increased overall mobility, development of core control, increased kinesthetic sense, increased metabolism and circulation, improved liver efficiency (due to deep breathing), and increased alertness with an overall decrease in stress. Instructor: Tasia, OT	Experience this fun yet challenging seated and standing whole body exercise class! Focus on strength building using Therabands (therapy bands with varied resistance) and ankle weights. Alternating between sitting and standing positions, the instructor will keep you moving and engaged while targeting muscle groups that contribute to improved balance, upper and lower body strength, and posture. This class is open to all fitness levels. Instructor: Courtney, PT & Caroline, COTA	Focus on floor-based core stability training and be prepared to challenge your body through the use of hand weights. There is not a lot of sitting in this class so be prepared to keep moving! Be guided through a series of standing and lying down abdominal, upper, and lower body exercises. This class is an advanced class and participants should be familiar with Level I prior to joining Level II. Instructor: Alexis, PT	This challenging and invigorating Vinyasa flow class consists of a series of poses that will move you through the power of inhaling and exhaling. Sequence of postures will vary from class to class, but will follow a logical progression that moves from basic to complex. This style of yoga builds flexibility and strength while maintaining proper alignment and sound structure. Class is open to all fitness levels. Floor work involved Instructor: Aly, OT & Caroline, COTA

TAI CHI — Tuesday 8:30-9:15 AM (Meeting Room) Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. A balance between the yin and yang, Tai Chi promotes serenity through gentle, flowing movements in a type of moving meditation. A few of the many benefits include stress relief and improved balance. Join us for a challenging yet calming class. This class is open to all fitness levels. Instructor: Courtney, PT

EARLY MORNING STRETCH - Tuesday 7:30—8:15 AM (Meeting Room) This class is focused on deep stretching for the entire body and includes gentle yet therapeutic standing, seated and floor stretches providing a relaxing and fun workout to start the day. This class is open to all fitness levels. Instructor: Alexis, PT

STRETCH & FLEX — Thursday 7:30—8:15 AM (Meeting Room) Encompasses fluid & dynamic motion combined with elements of balance and ever-changing body positions in standing/lying to strengthen muscles, improve flexibility & enhance balance while reducing stress/strain on the musculoskeletal system. Open to all fitness levels. Instructor: Alexis, PT

PATHWAYS - A fee for service customized approach to your well-being through 1-1 sessions and the expertise of rehab professionals. Call Rehab for an appointment at 264-5140.



For more information about group wellness classes or our Wellness program, Pathways, call 264-5140.

Wake Robin is committed to your well-being. Take 3 free classes a week on us. Each additional class is \$10 and will be added to your monthly bill.