

Wake Robin Group Wellness Classes 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 - 9:15 AM Advanced Strength and Conditioning <i>Instructor: Alexis</i> Meeting Room</p>	<p>7:45 - 8:30 AM *Morning Stretch <i>Instructor: Georgia</i> Meeting Room</p>	<p>8:15 - 9:30 AM *Vinyasa Yoga <i>Instructor: Jena</i> Meeting Room</p>	<p>7:45 - 8:30 AM *Morning Stretch <i>Instructor: Georgia</i> Fitness Center Studio</p>	<p>9 - 9:45 AM Strength and Conditioning <i>Instructor: Joy</i> Meeting Room</p>
<p>Fitness Center Studio closed Mondays 1:30-3 for English Country Dance.</p>	<p>9 - 9:45 AM Strength and Conditioning <i>Instructor: Georgia</i> Meeting Room</p>	<p>10 - 11 AM Aquatics <i>Resident-run class</i> <i>(Heidi B.)</i> Aquatic Center</p>	<p>11:00 - 11:45 AM Jazzercise <i>Guest Instructor: Emily</i> Fitness Center Studio</p>	<p>10 - 11 AM *Yoga Flow <i>Instructor: Jena</i> Meeting Room</p>
<p>The Fitness Center Cardio Studio is closed when a class is in session.</p> <p>Document updated: 3/12/24</p>	<p>10:00 - 11:00 AM Aquatics <i>Resident-run class</i> <i>(Heidi B.)</i> Aquatic Center</p>	<p>11 AM -12:05 PM Movement for PD & Creative Wellness <i>Guest Instructor:</i> <i>Sara/Rhonda</i> Bi-weekly, start on 1/3 Fitness Center Studio</p>		<p>10 - 11 AM Aquatics <i>Resident-run class,</i> <i>(Heidi B.)</i> Aquatic Center</p>
<p>Wake Robin offers residents a choice of classes led by licensed therapists and trainers. There are no fees for classes (unless otherwise noted).</p>	<p>Sign up for classes in the Wellness Binder at the Community Center Front Desk. For more info or questions, contact the Rehab Dept. 264-5140</p>	<p>3 - 4 PM Tai Chi <i>Guest Instructor:</i> <i>Madeleine</i> Fitness Center Studio</p>	<p>*Bring a Yoga mat if you have one.</p>	<p>10:30-11:30 AM Friday Fitness Fusion <i>Instructors:</i> <i>Alexis & Jena</i> Bi-weekly (check written Cup for updates) Fitness Center</p>

EARLY MORNING STRETCH

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.

MOVEMENT FOR PD AND CREATIVE WELLNESS

Movement for Parkinson's is about more than moving and dancing, it's about gathering together and creating joy and community. We focus on:

Increasing range of motion
Core strength

Balance

Flexibility

Coordination

Posture

Expression

Creativity

You do not have to have Parkinson's to attend this class. It is for anyone interested in dancing, moving, and gaining the benefit of a communal wellness experience!

STRENGTH AND CONDITIONING

Experience this fun yet challenging seated and standing whole body exercise class! Focus on strength building using TheraBand's (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.

ADVANCED STRENGTH AND CONDITIONING

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.

YOGA FLOW

Learn the basics of Yoga in a gentle class that offers modified poses for those interested in starting a regular practice.

VINYASA YOGA

This invigorating intermediate Vinyasa flow class consists of a series of poses that will move you through the power of inhaling and exhaling. Sequences vary weekly and will follow a logical progression that moves from basic to complex. Class ends with Savasana relaxation. This style of yoga builds flexibility and strength while maintaining proper alignment. Floor work involved.

JAZZERCISE

Cardio and strength workout that combines dancercise, martial arts and resistance training in time with upbeat music that will keep you motivated and smiling as you get a full-body workout. This class is adaptable to many levels of fitness. Please wear loose comfortable clothes and athletic style shoes.

TAI CHI

The foundation of this practice focuses on performing sequential movement postures of the Yang Style Long Form as passed traditionally through the Tung Family Lineage. Complementary and Qigong exercises, along with an understanding of essential guiding principles, support and deepen this moving meditation with attention to developing alignment, balance, relaxation, and energetic flow. Experience myriad health benefits, resulting in greater vitality, concentration, harmony and overall well being of body, mind and spirit in community.

FRIDAY FITNESS FUSION

Drop in to the Fitness Center for demonstrations, safety tips, inspiration for successful workouts, and knowledge that will enable you to add new things to your routine. Each session will have a 10-minute seminar focused on a piece of equipment and proper techniques.

For all classes participants must sign a Release from Harm Form located in the Wellness Class sign up binder at the Front Desk. Once completed, please turn in to Front Desk receptionist.

PATHWAYS PROGRAM

Interested in a one on one session?

Our PATHWAYS program is a fee for service customized approach to your well being through one-on-one training sessions. **Call our Therapy & Rehabilitation Department at 264-5140 for an appointment.**