

# Wake Robin Group Wellness Classes 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 - 9:15 AM</b> Adv. Strength and Conditioning <i>Instructor: Alexis</i> Meeting Room	<b>7:45 - 8:30 AM</b> *Morning Stretch <i>Instructor: Georgia</i> Meeting Room	<b>8:15 - 9:30 AM</b> *Vinyasa Yoga <i>Instructor: Jena</i> Meeting Room	<b>7:45 - 8:30 AM</b> *Morning Stretch <i>Instructor: Georgia</i> <b>Fitness Center Studio</b>	<b>9 - 9:45 AM</b> Strength and Conditioning <i>Instructor: Jane</i> Meeting Room
Document updated: 4.10.25  <b>The Fitness Center Cardio Studio</b> is closed when a class is in session.	<b>9 - 9:45 AM</b> Strength and Conditioning <i>Instructor: Georgia</i> Meeting Room	<b>9 - 9:45 AM</b> Active Balance Class <i>Instructor: Jane</i> <b>Fitness Center Studio</b>	<b>11:00 - 11:45 AM</b> Jazzercise <i>Instructor: Emily</i> <b>Fitness Center Studio</b>	<b>10 - 11 AM</b> *Beginner Yoga <i>Instructor: Jena</i> Meeting Room Part standing, part sitting in chairs.
<b>PLEASE SIGN UP FOR CLASSES!</b> Some have limited capacity. Sign up sheets are in the <b>WELLNESS BINDER</b> at the Community Ctr. Front Desk	<b>10:00 - 11:00 AM</b> Aquatics <i>Resident-run class (Heidi B.)</i> Aquatic Center	<b>10 - 11 AM</b> Aquatics <i>Resident-run class (Heidi B.)</i> Aquatic Center		<b>10 - 11 AM</b> Aquatics <i>Resident-run class, (Heidi Brouillette)</i> Aquatic Center
Wake Robin offers residents a choice of classes led by licensed therapists and trainers. There are <b>no fees</b> for classes (unless otherwise noted).	<b>1:30-3 PM</b> English Country Dance (sign up with English Country Dance Committee) <b>Fitness Center Studio</b> (check Happenings Calendar to see if classes are in session)	<b>11 AM -12:00 PM</b> Movement for PD & Creative Wellness <i>Instructor: Sara/Rhonda</i> Bi-weekly Find dates in Happenings <b>Fitness Center Studio</b>		
<b>*Bring a Yoga mat if you have one.</b>		<b>3 - 4 PM</b> Tai Chi <i>Instructor: Madeleine</i> <b>Fitness Center Studio</b>		

**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!*

**BEGINNER YOGA**

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

**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.

**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.

**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.**

**ACTIVE BALANCE CLASS**

This is a rigorous, dynamic movement class focused on balance, equilibrium reactions, postural and position sense challenges. The goal of the class is to improve multisensory balance systems with progressive exercises that challenge your senses to integrate and respond to challenges around you. To participate, you must be able to tolerate standing for most of the class. *Attendance limited to 25 for this class.*

**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