

January Physical Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9AM-9:45AM 2MW Dance Fitness	8:15AM-8:45AM Walking Group (Sparks Park)	9AM-9:45AM 2MW Dance Fitness	9AM—9:45AM Weights & Bands	9AM-9:45AM 2MW Dance Fitness
	9AM—10AM Supervised Swim	9AM—9:45AM Weights & Bands	9—10AM Supervised Swim	10AM-10:45AM Chair Yoga	9—10AM Supervised Swim 9—11AM Pickleball (Ponder)
	9AM—11AM Pickleball (Ponder)	10AM-10:45AM Chair Yoga	9—11AM Pickleball (Ponder)	11:15 AM-12PM Balance (Fassett)	10AM-10:45AM Mat Yoga
	10AM-10:45AM Mat Yoga	11:15AM-12PM Balance (Fassett)	10AM-10:45AM Mat Yoga	1:15PM-1:45PM Weight Machines Orientation	10AM-10:45AM Aqua Strength (Pool) 10:00AM-11:30AM Chair Volleyball (Fassett)
	10AM-10:45AM Aqua Strength (Pool)		10AM-10:45AM Aqua Strength (Pool)	2PM-2:45PM Seated 2MW Dance Fitness	11AM-11:45AM Taiji
Afternoon	11AM —11:45AM Weights & Bands	1:15PM-1:45PM Weight Machines Orientation	11AM—11:45AM Weights & Bands	2PM-3PM Supervised Swim 3PM Table Tennis/LVL1 (LLGR)	11:15AM— Noon PWR! Moves Parkinson Wellness Recovery (Ponder)
	1PM—2PM Table Tennis/LVL 2 (LLGR)	2PM-2:45PM Seated 2MW Dance	1PM-4PM Cane Fu	3PM—3:30PM Cardio Drumming	2PM-2:45PM Posture Improvement 2PM-3PM Table Tennis/LVL 2 (LLGR)
	2PM—2:30PM Stretch and Flexibility	2PM-3PM Supervised Swim	2PM—2:30PM Stretch and Flexibility (Ponder)	4PM—4:30PM Guided Relaxation	3PM—3:30PM React & Move
	2:45PM—3:15PM Seated Stretch and Flexibility	3PM Table Tennis/LVL 1 (LLGR)	2PM Table Tennis/LVL 2 2PM Chair Volleyball (FA)	<ul style="list-style-type: none"> Get Fit in the New Year with Catherine. January 8 at 1:30pm. Ponder. Duke Exercise Research Study Booth. January 9, 8am-noon. Great Room. Eight Dimensions of Wellness Workshop with Margie. January 14 at 3:30pm. Fassett. Sign up on Touch Town. Taking Care of Your Foot Health with Ashley Macomson. January 15 at 1pm. Fassett. TED Talks: The Science of Habit Change. January 21 at 3:30pm. Fassett. “Start Off on the Right Foot” Pop-Up Shop with Fleet Feet. January 22 from 1pm-3pm. Fassett. 3D foot scanner, New Balance, inserts. 	
	3:30PM—4:30PM Yoga with Margie	3PM—3:30PM Cardio Drumming	2:45PM—3:15PM Seated Stretch and Flexibility (Ponder)		

Class Descriptions

See Touch Town Activities or daily schedule posted at fitness rooms for location.

Check TouchTown, Ext. 2900, Administrative Broadcasts, and the Wellness Board for updates, cancellations, and directions.

Aqua Strength - Moderate to vigorous intensity aqua class that works at building muscular endurance and cardio strength, however balance challenges are consistent throughout the session. *Led by Catherine Doyen*

Balance - A moderate level class with a mix of seated and standing exercises to help build strength and improve balance. Meant to challenge all abilities without working up a sweat. *Led by Margie Pacher*

Cane-Fu - A combination class: self defense, strength, and balance taught with canes and heavy bags. *Led by Rick Royster ADF*

Chair Yoga - A seated class involving gentle movements to encourage better circulation, soothe aching joints and strengthen muscles. Other benefits can be experienced including deep relaxation and a boosted mood. *Led by Gigi Lee ADF*

Cardio Drumming—In cardio drumming we use an exercise ball as our drum, we mix in fun moves, and it turns into a fun workout you won't want to stop. *ADF. Led by Catherine*

2 MW Dance Fitness (Standing & Seated ADF)- (Originally called "Senior Dance") This class uses Music and Movement to enhance your overall Wellness! Through the use of fun, upbeat music ranging from the 1920's to today, and easy-to-follow dance steps and movements, we will be improving your coordination, balance, agility, and memory while exercising the whole body and having a great time. Classes are low impact, high energy, and stress free --don't worry about following along exactly! *Led by Carly Cusick*

Mat Yoga - A mindful class that uses breath practices and dynamic postures (standing, seated and lying down) to improve flexibility, balance, strength and relaxation. *Led by Gigi Lee*

Posture Improvement— Strengthening and stretching exercises to help correct common postural imbalances. *Led by Margie P. ADF*

React & Move—Train your speed, coordination, and reaction time. In this class, we use kickballs, balloons, and noodles to create situations that require you to react and respond quickly. *ADF. Led by Catherine*

Stretch and Flexibility (Standing and Seated ADF) - Also led by Carly, you'll focus on increasing flexibility and range-of-motion through all of your muscles and joints, starting from your head and slowly working our way down to the toes. Accompanied by gentle music, this relaxing class is a great way to get your blood flowing and your body moving in a very gentle way.

Taiji (pronounced tai gee) – A traditional Chinese moving meditation, martial art, and health exercise. Medical professionals endorse its benefits for arthritis, Parkinson's, balance difficulties, and other chronic conditions. This practice integrates natural movement with a joyful, reflective approach to daily life. *Led by Jay Dunbar*

Weights and Bands—A moderate level class with seated and standing exercises. Strengthen all major muscle groups using dumbbells and resistance bands. Modifications and progressions are offered. — *Led by Catherine M,W at 11am ADF (mostly seated) and Margie T,Th at 9am (seated and mostly standing)*

Weight Machines Orientation/Circuit—Learn how to use the weight machines while you workout. Warm-up, resistance training on all major muscle groups, and cool down included. *Led by Catherine Doyen ADF*

Yoga with Margie— Floor, seated, and standing postures with an emphasis on proper alignment. Includes instruction on mindfulness, breathwork, and guided relaxation. <Must be able to get up and down from the floor.>

CONTACT: MARGIE PACHER, WELLNESS DIRECTOR, EXT 2222

ADF = ASSISTIVE DEVICE FRIENDLY