

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM SPIN Mandy	5:15 AM BOOTCAMP/BLITZ Mandy	5:15 AM SPIN Andi	5:15 AM Full Body Strength Mandy	5:15 AM SPIN Mandy	6:30 AM BOOTCAMP/BLITZ Mandy
9 AM Water Aerobics Herbert	5:15 AM SPIN Andi	9 AM Water Aerobics Herbert	5:15 AM SPIN Andi	9 AM Water Aerobics Herbert	7 AM SPIN Andi
10 AM Joint Mobility Dean	9 AM Water Aerobics Herbert	10 AM Dance Fitness Charice	9 AM Water Aerobics Herbert	10:30 AM Silver Sneakers Rachael	8 AM Barre Mandy
12:15 PM Circuit Fitness Plus Sandra	9 AM Joint Mobility Dean	10:30 AM Silver Sneakers Rachael	9 AM Joint Mobility Dean	5:30 PM *Adult Brazilian Jiu Jitsu Pyles BJJ	10 AM *Youth Brazilian Jiu Jitsu Pyles BJJ
5:30 PM Water Aerobics Tony	10:30 AM Silver Sneakers Yoga Rachael	12:15 PM Sculpt & Tone Sandra	5:30 PM Water Aerobics Tony		11 AM *Adult Brazilian Jiu Jitsu Pyles BJJ
5:30 PM SPIN Andi	12:15 PM Abdominal Strength Sandra	5:30 PM Beginners Yoga Rachael	6 PM SPIN Amanda		
	5:30 PM Water Aerobics Tony	6:30 PM Flow Yoga Rachael	6 PM *Youth Brazilian Jiu Jitsu Pyles BJJ		
	6 PM Tabata Amanda		7 PM *Adult Brazilian Jiu Jitsu Pyles BJJ		
	6 PM *Youth Brazilian Jiu Jitsu Pyles BJJ				
	7 PM *Adult Brazilian Jiu Jitsu Pyles BJJ				

**Cardio/Strengthening**

Water Aerobics

Cardio

Mobility/Flexibility/Balance

\*Additional Cost

**Pool Information**

Pool Closing Times:

Mon.-Fri. **7:45pm**

Sat. & Sun. **4:45pm**

Closed during class hours.

**Hours of Operation**

Sunday: 1PM to 5PM

Monday-Friday: 5AM to 10PM

Saturday: 5AM to 5 PM

Desk closes at 8pm Monday-Friday.



@northern\_wellness\_fitness



Northern Wellness and Fitness Center

# CLASS DESCRIPTIONS

## Abdominal Strength:

**Sandra King** – This class will challenge you to the core! With non-stop core sculpting moves, this class is designed to improve your strength, balance, coordination, posture, and stamina while building rock solid abs.

## BODY BLITZ:

**Mandy Martin** – A 30 minute circuit style, metabolic conditioning class using only dumbbells. Participants are encouraged to push until you can't, and rest until you can.

## BootCamp:

**Mandy Martin** – Just using barbells, kettlebells, and dumbbells, no two classes are the same, but every class delivers the one-two punch of strength training and cardiovascular conditioning. In the warmer months, we take the fun outside!

## Barre:

**Mandy Martin** – Barre combines movements commonly found in ballet, Pilates, and yoga. These high-intensity, low-impact movements target muscle groups with small bursts of intense movements, isometric holds, and dynamic stretching. Barre is designed to improve flexibility, balance, and strength, as well as build endurance in targeted muscle groups while you improve focus by holding each position and form.

## Circuit Fitness Plus:

**Sandra King** - Combining cardio from box step ups to stairs, and sprints combined with body sculpting. From free weights, body bars, medicine balls, and your own body weight. A great challenge to bring your body to your full potential.

## Full Body Strength:

**Mandy Martin** – A 45 minute strength training class that challenges all of the major muscle groups using barbells, plate weight, risers, and dumbbells.

## Joint Mobility:

**Dean Carpenter** – Moves the joints through their full range of motion; feeding, washing and lubricating the joint. This class is known to restore health and lost function to the joints and connective tissue of the body.

## Dance Fitness:

**Charice Bender** – This class involves easy to-learn steps providing both physical and mental exercise. Dancing improves balance, boosts energy levels and reduces the risk of many illnesses including but not limited to dementia, high blood pressure, and diabetes.

## Sculpt and Tone:

**Sandra King** – This is a 45-minute, lunch time workout to give your body a great metabolism boost. This strength building class uses a variety of equipment to bring definition to every muscle group. The Sculpt & Tone workouts will leave your entire body looking FIT and FABULOUS!

## SilverSneakers Classic:

**Rachael Williams** – A chair-assisted class where we use hand weights, resistance bands, and a soft hand held ball to mimic our daily activities to enhance our range of movement, flexibility, balance and coordination! The Silver Sneakers program is a fitness, friends, and fun program designed to nurture your physical fitness as well as your social wellbeing.

## SilverSneakers Yoga:

**Rachael Williams** – You'll be guided through a series of seated and standing yoga poses designed to increase flexibility, balance, and range of motion. It makes a great complement to an active lifestyle, or as a way to gently ease into movement.

## SPIN:

**Mandy Martin, Andi Maiden, and Amanda Utt** – Hop on board for a 45-60 minute high energy bike ride set to upbeat music, and prepare for a mega sweat-sesh! You'll get a high calorie burn while improving your cardiovascular fitness and muscular endurance. Suitable for all abilities.

## Tabata:

**Amanda Utt** – This challenging circuit will work every muscle in your body through a series of exercises using body weight, dumbbells, and kettlebells.

## Beginner Yoga:

**Rachael Williams** – incorporating postures and gentle movement sequences to increase mobility and flexibility, as well as breath work, supported silent meditation, and guided relaxation to increase awareness and mindfulness of the breath and body. With the new practitioner in mind, this class will help you find your place on the mat and step off with renewed confidence.

## Flow Yoga:

**Rachael Williams** – this class is for practitioners who have already spent a little time on the mat (or for adventurous beginners) as we will be going a little further into the postures and will focus on mobility as we tie body and breath together with movement.

## Water Aerobics:

**Herbert Inman and Tony Reynolds** – This is a water fitness class. We stretch, we walk and we work on building strength. We use the water dumbbells and use the water for resistance. The class is designed to help the participants gain strength, flexibility, and stamina.

**\*\*Brazilian Jiu Jitsu:** Classes are offered by Pyles BJJ. Contact them at [martialartsinmtairy.com](http://martialartsinmtairy.com), [AMAmtairy@gmail.com](mailto:AMAmtairy@gmail.com), or 336-351-2698