

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15 AM</b> <b>SPIN</b> <b>Mandy</b>	<b>5:15 AM</b> <b>BOOTCAMP/BLITZ Mandy</b>	<b>9 AM</b> Water Aerobics "Gathering" Herbert	<b>5:15 AM Full Body</b> <b>Strength Mandy</b>	<b>9 AM</b> Water Aerobics "Gathering" Herbert	<b>10 AM</b> <b>** AGA- Jiu Jitsu</b>
<b>9 AM</b> Water Aerobics "Gathering" Herbert	<b>9 AM</b> Water Aerobics "Gathering" Herbert	<b>10 AM Dance</b> <b>Fitness</b> <b>Charice</b>	<b>9 AM</b> Water Aerobics "Gathering" Herbert	<b>10:30 AM</b> <b>Silver</b> <b>Sneakers</b> Rachael	
<b>10 AM</b> <b>Joint Mobility</b> Dean	<b>9 AM</b> <b>Joint Mobility</b> Dean	<b>10:30 AM</b> <b>Silver Sneakers</b> Rachael	<b>9 AM</b> <b>Joint Mobility</b> Dean		
<b>11 AM</b> <b>Tai-Chi</b> Ken	<b>10:30 AM</b> <b>Silver Sneakers Yoga</b> Rachael	<b>12:15 PM</b> <b>Sculpt &amp; Tone</b> Sandra	<b>5:30 PM</b> Water Aerobics "Gathering" Tony		
<b>12:15 PM</b> <b>Circuit Fitness Plus</b> Sandra	<b>12:15 PM</b> <b>Abdominal Strength</b> Sandra	<b>7:00 PM</b> <b>Beginners Fitness Class</b> DeLynn	<b>7 PM</b> <b>** AGA- Jiu Jitsu</b>		
<b>5:30 PM</b> Water Aerobics "Gathering" Tony	<b>5:30 PM</b> Water Aerobics "Gathering" Tony				
<b>7:00PM</b> <b>FUNctional</b> <b>Group Fitness</b> DeLynn	<b>7 PM</b> <b>** AGA- Jiu Jitsu</b>				



**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

+Gathering signifies  
non-certified  
personal trainer  
leading exercises



@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!

## **Beginner Fitness Class:**

**Delynn Doss**- New to working out? Come join this class to learn the basic movements and form in a group setting. This class specializes in creating fitness programs that cater specifically to beginners, ensuring a smooth and enjoyable introduction to the world of exercise. Rooted in simplicity, focusing on fundamental movements that lay a strong foundation for future progress.

## **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**– 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.

## **Water Aerobics Gathering:**

**Herbert Inman and Tony Reynolds** – This is a water fitness gathering. 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.

## **FUNctional Group Fitness:**

**Delynn Doss**- Come put the FUN in Functional with me. Recognizing the importance of functional fitness in daily life. Functional exercises mimic real-life activities, enhancing strength, flexibility, and coordination for improved performance in everyday tasks. Be expecting varied and engaging workouts that make fitness a fun and sustainable part of your lifestyle.

**\*\*\*AGA Jiu Jitsu: Classes are offered by Appalachian Grapplers Association. Contact them at [appgrapplers.com](http://appgrapplers.com), [appgrappassoc@gmail.com](mailto:appgrappassoc@gmail.com)**

