

# 55+ Group Exercise Schedule - July 2023

Registration required for virtual classes.

Register by phone: **715-841-1855** or email: **memberservices@thelandingwausau.com**

Members: Free | Non-Members: \$5 per virtual class

Wausau Branch	Class Time	Class Name & Instructor	Class Location	Offered Virtually?
	<b>Monday</b>			
	9:00am - 9:45am	Zumba Gold - Pam	Program Gym	Yes
	10:00 am - 10:45 am	SilverSneakers Circuit - Robin	Program Gym	Yes
	12:15pm - 1:00 pm	Tai Chi Beginning Series- Colleen	Group Ex. Studio	No
	<b>Tuesday</b>			
	9:00 am - 9:45 am	SilverSneakers Splash - Karen	North Pool	No
	10:15 am - 11:00 am	55+ Strong - Lori H.	Program Gym	Yes
	<b>Wednesday</b>			
	9:45 am - 10:30 am	SilverSneakers Yoga - Pam	Group Ex. Studio	Yes
10:45 am - 11:30 am	Flexibility, Balance and Breath - Pam	Group Ex. Studio	Yes	
<b>Thursday</b>				
9:00 am - 9:45am	Butts and Guts - Fred	Group Ex. Studio	Yes	
10:00 am - 10:45 am	SilverSneakers Enerchi - Lee	Group Ex. Studio	Yes	
11:00 am - 11:45am	SilverSneakers Yoga - Lee	Group Ex. Studio	Yes	
<b>Friday</b>				
10:15 am - 11:00 am	Full Body Fitness - Fred	Program Gym	Yes	
11:15 am - 12:00 pm	Zumba Gold - Pam	Program Gym	Yes	

Aspirus Branch	Class Time	Class Name & Instructor	Class Location	Offered Virtually?
	<b>Monday</b>			
	10:00 am - 11:00 am	Low Impact Strength & Stretch - Cindy	Studio B	No
	11:15 am - 12:15 pm	SilverSneakers Classic - Cindy	Studio B	No
	<b>Tuesday</b>			
	10:00 am- 11:00 am	Wise Y- Kay	Studio B	No
	11:15 am- 12:15 am	SilverSneakers Classic- Kay	Studio B	No
	<b>Wednesday</b>			
	10:00 am - 11:00 am	Low Impact Strength & Stretch - Cindy	Studio B	No
	11:15 am - 12:15 pm	SilverSneakers Classic - Cindy	Studio B	No
<b>Thursday</b>				
10:00 am- 11:00 am	Wise Y- Kay	Studio B	No	
11:15 am- 12:15 pm	SilverSneakers Classic- Kay	Studio B	No	
<b>Friday</b>				
10:00 am - 11:00 am	Wise Y	Studio B	No	
11:15 am - 12:15 pm	SilverSneakers Classic - Kay	Studio B	No	

# Class Descriptions

**SilverSneakers Circuit** - The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chair available for support.

Instructor: Robin/Fred

**55+ Strong** - The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance.

Instructor: Lori

**SilverSneakers Yoga** - Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

Instructor: Pam H.

**Flexibility, Balance, & Breath** - Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

Instructor: Pam H.

**Tai Chi Beginning and Continuing Series**- Tai Chi and Qi Gong are traditional Chinese exercises developed from Chinese martial art forms. Tai Chi is a gentle standing, moving exercise proven through scientific studies to increase flexibility, mobility, muscle strength and balance, promote correct or optimal body posture and balance, and reduce pain, stiffness, stress, fatigue and falls. This Tai Chi class will also encourage mindfulness and brief self meditation.

**Registration is closed for this class**

\*\*Beginning Series: Participants who have not completed this phase.

\*\*Continuing Series: Participants who have completed the Beginner Series

**SilverSneakers Enerchi** - This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life. Easy to learn!

Instructor: Lee.

**Low Impact Strength & Stretch** - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

Instructor: Cindy

**Chair Stretch and Strength** - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes use of a chair to support movement.

Instructor: Cindy

**SilverSneakers Classic** - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

Instructor: Cindy/Kay

**Full Body Fitness with Fred** - Join Fred for Full Body Fitness on Friday!! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape!

Instructor: Fred

**Butts and Guts- 55+** - This 30-minute workout utilizes a stability ball, mat, weights and a small resistance band. It is low impact, but works your glutes with bridges and squats, and your abs with the stability ball. This class is a good companion to the Full Body Fitness class just before! Instructor: Fred

**Zumba Gold** - Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How it works: the design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Pam M.

**Gentle Cycle** - This class is a great way to get introduced to cycling as a fun form of lifelong exercise. You will use the resistance settings on the bike as well as speed to modify the ride to suit your specific comfort level.

Instructor: Pam H.

**SilverSneakers Splash** - SilverSneakers Splash is a water aerobics and strength class designed for all skill levels—even non-swimmers. This aqua exercise class offers a high-energy workout that reduces impact on your knees and back.

Instructor: Karen S.

**Wise Y** - Low impact strength and conditioning.