

## 55+ Group Exercise Schedule - November 2023

Registration required for virtual classes. Register by phone: **715-841-1855** or

email: **memberservices@thelandingwausau.com**

Highlighted classes are a series and there is a fee to participate.

All others- Members: Free | Non-Members \$15

Wausau Branch	Class Time	Class Name & Instructor	Class Location	Offered Virtually?	
	<b>Monday</b>				
	9:00 am - 9:45 am	Zumba Gold - Pam	Program Gym	Yes	
	10:00 am - 10:45 am	SilverSneakers Circuit - Robin	Program Gym	Yes	
	11:15 am - 12:00 pm	Tai Chi Continuing Series- Colleen	Group Ex. Studio	No	
	12:15 pm - 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	
	11:15 am - 12:00 pm	Asahi- Sharon	Program Gym	No	
1:00 pm - 2:00 pm	Urban Line Dance- Randall & Marilyn	Group Ex. Studio	No		
6:45 pm - 8:15 pm	Ballroom Dance Classes- Randall & Marilyn	Group Ex. Studio	No		
<b>Wednesday</b>					
9:00 am - 9:45 am	SilverSneakers Yoga- Pam	Group Ex. Studio	Yes		
10:00 am - 10:30am	Gentle Cycle- Pam & Lee	Cycling Studio	No		
10:45 am - 11:30 am	Flexibility, Balance and Breath- Pam	Group Ex. Studio	Yes		
6:45 pm - 7:45pm	Urban Line Dance- Randall & Marilyn	Group Ex. Studio	No		
<b>Thursday</b>					
9:00 am - 9:45 am	Butts & Guts- Fred	Group Ex. Studio	Yes		
10:00 am - 10:45 am	SilverSneakers Enerchi- Lee	Group Ex. Studio	Yes		
11:00 am - 11:45 am	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>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>Friday</b>					
10:00 am - 11:00 am	Low Impact Stretch & Strength- Cindy	Studio B	No		
11:15 am - 12:15 pm	SilverSneakers Classic - Cindy	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

**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

**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/Jennifer

**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/Jennifer

**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 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 K.

**Urban Line Dance** - We'll line dance our way to music from rock and roll, show tunes, Celtic music and everything in between! Our line dances incorporate steps from different ballroom dance styles. This is great practice if you are taking our ballroom classes or fun if you prefer to dance without a partner.  
Instructors: Randall & Marilyn

**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. & Lee K.

**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.

**Asahi** - A Health practice from Finalnd, blends movement, breath and awareness in a comprehensive way to promote health, functionality and general well-being. Preventative and restorative, ASAH's research supported practices improve muscle strength and tone, nerve and metabolic activity, balance and state of mind to improve health, mitigate falls, illness and injury to maintain independent living.  
Instructor: Sharon B.

**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.

**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.

**Low Impact Dance**- Dancing for all ages! Learn popular dances from the 40s to current. A variety of dances will give you a full body workout- famous party and wedding dances, country line dancing, jazz, etc. No partner needed. Class will end with hand weights and floor work for abs and stretching.  
Instructor: Jennifer J.