

55+ Group Exercise Schedule - January 2024

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?
	Monday			
	9:00am-9:45 am	Zumba Gold - Pam	Program Gym	Yes
	10:00am-10:45am	SilverSneakers Circuit - Robin	Program Gym	Yes
	11:15am-12:00pm	Tai Chai II- Colleen (Runs 1/8-4/1)	Group Ex. Studio	No
	12:15pm-1:00pm	Tai Chi Continuing Series- Colleen (Runs 1/8-4/1)	Group Ex. Studio	No
	Tuesday			
	9:00am-9:45am	SilverSneakers Splash - Karen	North Pool	No
	10:15am-11:00 am	55+ Strong - Lori H.	Program Gym	Yes
	12:00pm-1:00pm	Moving for Better Balance- Colleen (Runs 1/9-4/2)	Group Ex. Studio	No
	1:15pm-2:15pm	Urban Line Dance- Randall & Marilyn (Runs 1/16- 3/19)	Group Ex. Studio	No
	6:45pm-8:15 pm	Ballroom Dance Classes- Randall & Marilyn (Run 1/16-3/19)	Group Ex. Studio	No
	Wednesday			
	9:00am-9:45am	SilverSneakers Yoga- Pam	Group Ex. Studio	Yes
	10:00am-10:30am	Gentle Cycle- Pam & Lee	Cycling Studio	No
	10:45am-11:30am	Flexibility, Balance and Breath- Pam	Group Ex. Studio	Yes
	Thursday			
	9:00am-9:45am	Butts & Guts- Fred	Group Ex. Studio	Yes
	10:00am-10:45am	SilverSneakers Enerchi- Lee	Group Ex. Studio	Yes
	11:00 am - 11:45 am	SilverSneakers Yoga- Lee	Group Ex. Studio	Yes
	12:00pm-1:00pm	Moving for Better Balance- Colleen (Runs 1/9-4/2)	Group Ex. Studio	No
	Friday			
	10:15am-11:00am	Full Body Fitness - Fred	Program Gym	Yes
	11:15am-12:00pm	Zumba Gold - Pam	Program Gym	Yes

Aspirus Branch	Class Time	Class Name & Instructor	Class Location	Offered Virtually?
	Monday			
	10:00am-11:00 am	Low Impact Strength & Stretch - Cindy	Studio B	No
	11:15am-12:15pm	SilverSneakers Classic - Cindy	Studio B	No
	Wednesday			
	10:00am-11:00am	Low Impact Strength & Stretch - Cindy	Studio B	No
	11:15am-12:15pm	SilverSneakers Classic - Cindy	Studio B	No
	Friday			
	10:00am-11:00am	Low Impact Stretch & Strength- Cindy	Studio B	No
	11:15am-12:15pm	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**

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

Tai Chi Continuing & Tai Chi II 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

****Tai Chi II Series:** Participants who have completed all Continuing series.

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

Instructor: Colleen P.

Moving for Better Balance- Moving for Better Balance is a research-based training program designed for older adults at risk of falling and people with balance disorders. This program will increase your strength, improve your balance, challenge your limits of stability and help you catch yourself when you begin to lose your balance.

This is 13-week course held twice a week. Once a session has begun, you cannot join. Please stay tuned for the next session. **Instructor: Colleen P.**

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**

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

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. & Lee K.**

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.

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 45-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.**