

WellstarHealth Place

Aquatic Group Fitness Schedule for Land- January 2023

Time	M	T	W	TH	F	SA	SUN
7:00 am			Yoga Meg Aerobics Room 1 ♥				
9:30 am	Fit Gen 1 Amber Aerobics Room 2 ♥	Chair Adaptive Movement Brittany Racquetball Court ♥	Fit Gen 1 Amber Aerobics Room 2 ♥	Chair Adaptive Movement Brittany Racquetball Court ♥	Fit Gen 1 Amber Program Room ♥		
10:30 am							
11:00 am	Fit Gen 2 Amber 11:15am Program Room ♥ ♥	Fit Gen 2 Brittany Racquetball Court ♥ ♥	Fit Gen 2 Amber 11:15am Program Room ♥ ♥	Fit Gen 2 Brittany Racquetball Court ♥ ♥	Fit Gen 2 Amber Program Room ♥ ♥		
11:30 am							
1:30pm							
5:30 pm	Easy Chair Gi Racquetball Court ♥	Fit Gen 2 Brittany Racquetball Court ♥ ♥	Bodies in Motion Gi Aerobics Room 2 ♥ ♥				

To register for classes go to the website at <https://www.wellstarfitness.org/> or scan the QR Code below.



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Due to the pool being closed for maintenance, all aquatic classes will be held in the Program Room, Raquetball Court, and Aerobics Room 2. Please check the schedule to see where your class will meet. Classes are 45 minutes in duration.

Class Descriptions

Hydro Power, Hydro Fit, and HydroTone classes will be changed to Fit Generation 1 and 2 classes on land. In Fit Generation 1 and 2 you will move through a variety of exercises designed to increase muscular strength, aerobic fitness, and range of movement. Fit Gen I classes utilize chairs for seated and/or standing support, if needed. Fit Gen II classes are more vigorous.

Chair Adaptive Movement- This specialized class is designed for the recovery and maintenance of chronic disease processes including (but not limited to) arthritis, stroke, metabolic disorders, cancer or surgery. The class will focus on exercises to increase strength, flexibility, and mobility. This is a similar format as the Arthritis Foundation classes but more adaptive to assist special medical conditions. Class is 45 minutes in length.

Easy Chair- A seated light cardio, strength and stretch class designed for versatility. The intensity of this class can be personalized for more or less intensity as desired. It will be gentle on the joints while improving or maintaining your fitness progress. Various exercise equipment may be used. Intensity can be mild, moderate or advanced...all levels are welcome.

Bodies In Motion- A fun cardio and strength class designed to get your blood pumping and your body moving to improve cardiovascular function. There is a strength component included with varied levels of intensity. Various exercise equipment will be used. Intensity can be moderate or advanced...all levels are welcome.

*INSTRUCTORS ARE SUBJECT TO CHANGE
WITHOUT NOTICE.*

The Aquatics Department

For more information, please contact Health Place at
healthplaceswim@wellstar.org
or
www.wellstarhealthplace.org
to register for classes or lap lanes.