

JULY 2024 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>All classes are 45 Minutes. Water Fitness and Yoga are 1 Hour.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Yoga	Functional Training	Yoga		
10:15 AM				Tai Chi		
11:00 AM	Water Fitness	Water Fitness	Water Fitness	Water Fitness		
12:00 PM					Stretch and strengthen	
6:00 PM			Yoga			

CLASS DESCRIPTIONS

FUNCTIONAL TRAINING - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

TAI CHI - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

YOGA - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

STRETCH & STRENGTHEN - This class will focus on stretching & releasing tension from the body. It can help improve flexibility, reduce muscle tension & improve range of motion. Suitable for all fitness levels & genders

PERSONAL TRAINING with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!