

JUNE 2023- AEROBICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 KELLER WELLCARE CENTER					
5 5:15-Spin + Core- Paula 8:00- Barre- Bri 9:00- Silversneakers- Angela 10:30- PWR4LIFE- Angela 4:30-Full Body Strength- Teresa 5:30-Pumped- Liz	6 5:15-Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00-Chair Stretch- Bri 10:00-PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	7 5:15- Barre- Paula 8:00- Pumped Up Strength- Angela 9:00- Silver Strong- Bri 10:00-PWR4Life-FLOOR- Bri 10:30-PWR4Life- Brittany 5:30- Spin 45- Liz	8 5:15-Stretch + Tone- Connie 8:00- Step + Core- Shayla 9:00- Chair Yoga- Brittany 10:00- PWR4Life - Bri 4:30-Barre - Bri 5:30- Yin Yoga- Liz	9 5:15- Spin + Strength- Carol 8:00- Barre-Core + Mobility Focus- Bri 9:00- Silversneakers- Linda 10:30 PWR4LIFE- Bri 12:00-Pumped 45- Liz	10 7:30 Barre- Core + Mobility Focus Bri 8:30 Spin + Strength Liz
12 5:15- Spin + Core- Paula 8:00- Barre- Bri 9:00- Silversneakers- Angela 10:30- PWR4LIFE- Angela 4:30-Full Body Strength- Teresa 5:30-Pumped- Liz	13 5:15-Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00-Chair Stretch- Bri 10:00-PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	14 5:15- Barre- Paula 8:00- Pumped Up Strength- Angela 9:00- Silver Strong- Linda 10:00-PWR4Life-FLOOR- Bri 10:30-PWR4Life- Brittany 5:30- Spin 45- Liz	15 5:15-Stretch + Tone- Carol 8:00- Step + Core- Shayla 9:00- Chair Yoga- Brittany 10:00- PWR4Life- Bri 4:30- Pumped- Colandra 5:30- Yin Yoga- Liz	16 5:15- Spin + Strength- Carol 8:00- Pumped Up Strength- Angela 9:00- Silversneakers- Bri 10:30: PWR4LIFE- Angela 12:00- Pumped 45- Liz	17 7:30 Yogalates Paula 8:30 Spin + Strength Liz
19 5:15- Spin + Core- Paula 8:00- Barre- Bri 9:00- Silversneakers- Angela 10:30- PWR4LIFE- Angela 4:30-Full Body Strength- Teresa 5:30-Pumped- Liz	20 5:15-Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00-Chair Stretch- Bri 10:00-PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	21 5:15- Barre- Paula 8:00- Pumped Up Strength- Angela 9:00- Silver Strong- Bri 10:00-PWR4Life-FLOOR- Bri 10:30-PWR4Life- Brittany 5:30- Spin 45- Liz	22 5:15-Stretch + Tone- Connie 8:00- Step + Core- Shayla 9:00- Chair Yoga- Bri 10:00- PWR4Life- Bri 4:30-Pumped - Colandra 5:30- Yin Yoga- Liz	23 5:15- Spin + Strength- Carol 8:00- Barre-Core + Mobility Focus- Bri 9:00- Silversneakers- Linda 10:30: PWR4LIFE- Bri 12:00-Pumped 45- Liz	24 ***** NO EARLY CLASS DUE TO KELLER RUN! ASK FRONT DESK FOR MORE INFO! 8:30 Spin + Strength Liz
26 5:15- Spin + Core- Paula 8:00- Barre- Bri 9:00- Silversneakers- Angela 10:30- PWR4LIFE- Angela 4:30-Full Body Strength- Teresa 5:30-Pumped- Liz	27 5:15-Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00-Chair Stretch- Bri 10:00-PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	28 5:15- Barre- Paula 8:00- Pumped Up Strength- Angela 9:00- Silver Strong- Bri 10:00-PWR4Life-FLOOR- Bri 10:30-PWR4Life- Brittany 5:30- Spin 45- Liz	29 5:15-Stretch + Tone- Connie 8:00- Step + Core- Shayla 9:00- Chair Yoga- Brittany 10:00- PWR4Life- Bri 4:30-Pumped - Colandra 5:30- Yin Yoga- Liz	30 5:15- Spin + Strength- Carol 8:00- Pumped Up Strength- Angela 9:00- Silversneakers- Linda 10:30: PWR4LIFE- Bri 12:00-Pumped 45- Liz	

Class Descriptions

Step + Core- Use an elevated platform to perform choreographed step combinations to increase heart rate and build cardiovascular endurance. Class lasts 50 minutes. (3, 4)

Spin + Strength- Utilize the stationary bike for a low impact cardiovascular workout. The bike will be used for spin efforts and weights used off the bike for muscular strength work. Class duration 50 minutes. (2,3,4)

Spin 45- 45 minutes on the bike for all fitness levels with fun music to guide you through intervals of sprints and inclines. This sustained effort will be a great boost for increasing cardiovascular fitness. (2,3,4)

Full Body Strength- Utilize heavier weights and work every muscle group. Class duration 50 minutes. (2,3,4)

Cardio + Core – You will get a good dose of cardio in this class plus core work. Be prepared to use anything from lighter weights, bands, sliders and balls to get the heart pumping. Class duration 50 minutes. (2,3,4)

Pumped Up Strength-Strength training utilizing combination movement patterns and heavier weights. Designed to be efficient & build off every day movement patterns, boost the metabolism and improve lean muscle mass. Class duration 50 minutes. (2,3,4)

Pumped- Strength training utilizing a bar and appropriate size weights to challenge your muscular endurance. Medium to lighter range weights. Rhythmic movements to music working one muscle group at a time. Plates, bar & potentially a step for the platform will be the main equipment. (2,3,4)

Silver Sneakers Classic-Designed to increase muscular strength, range of movement necessary for daily activities. Hand held weights, resistance tubing and balls may be utilized. A chair will be used for seated and standing support. Class duration 45 minutes. (1,2,3)

Silver Strong- This class is a level up from the Silversneakers class in intensity, endurance & standing balance work. Class duration is 45 minutes. (2,3,4)

Chair Stretch- Stretch every muscle group in the body. This class can be modified as needed and most stretches will be done seated but a few will have an option to stand. Intensity and type of stretches are a bit more intense than yoga. Class duration is 45 minutes. (1,2,3)

Chair Yoga- Seated and standing flows presented in a gentle manner for those looking to increase flexibility and range of motion and find some relaxation in their day. This class will not participate in floor exercises. Class duration 45 minutes.(1,2)

Yogalates- Combine the great stretch of yoga with the core strengthening of Pilates for a full body powerful low impact class. Class duration is 45 minutes. (2,3,4)

Barre- Muscular endurance workout rooted in everyday functional moves. This is a low impact workout with the burn and shake of a high intensity workout. Light weights, stability balls, resistance bands and body weight will be used to shape and tone. There is a heavy emphasis on posture, core and balance. Class duration 50 minutes. (2,3,4)

Line Dance-Enjoy an incredible sweat while smiling your way through simple choreographed line dance routines to various popular music. Class duration 50 minutes. (1,2,3)

Yin Yoga- Allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin yoga also improves flexibility, boosts circulation, and reduces tension which allows for deeper stretch into connective tissue. Appropriate for all levels as long as you are comfortable being on the floor. This class is designed to be more passive than traditional Yoga. This class will last 45 minutes. (2)

PWR 4 Life!- Admittance to any level of these classes requires a scheduled evaluation with Parkinson's navigator and a signed medical release from doctor. There will be a \$50.00 assessment fee payable at time of visit. This class is specifically and scientifically designed to aid those living with a neurological diagnosis. Focus is on Parkinson's disease but also appropriate for MS, TBI as well as post stroke recovery. After your assessment you will be informed which level classes (1-4) to attend and given a weekly schedule to follow. Class durations range from 30-50 minutes depending on your assigned schedule. (1,2,3,4)

***All classes held in main aerobics room UNLESS specified otherwise. Some classes may be held in the Education Room (The classroom in the hallway). It will be listed as EDR beside the class. *Levels are listed as a guide. Instructors and front desk are available for assistance with any questions regarding which classes will be the best fit for you. *Classes subject to change monthly due to attendance & instructor availability.**

Facility Hours of Operation:
Monday-Friday 5 am-9 pm
Saturday 7 am-3 pm
Sunday 1 pm-5 pm

Keller Kids Korner

Monday-Friday 8 am-11 am
Monday-Thursday 3 pm-6 pm

Levels of Intensity: (1) Beginner with a chair (2) Beginner (3) Intermediate (4) Advanced