

NOVEMBER 2023- AMENDED SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		5:15- Yogalates- Paula 8:00- Pumped- Angela 9:00- Silver Strong- Bri 10:00- PWR4Life- FLOOR- Leigh 10:30- PWR4Life- Leigh 5:30- Spin 45- Liz	5:15- Barre- Connie 8:00- Tone + Flow- Shayla 9:00- Balance- Linda 9:30- Seated Stretch- Linda 10:00- PWR4Life- Linda 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Spin + Strength- Carol 8:00- Power 15's (cardio) - Bri 9:00- Silversneakers- Angela 10:30 PWR4LIFE- Bri 12:00- Pumped 45- Liz	7:30 Barre- Core + Mobility Bri 8:30 Spin + Strength Liz
6	7	8	9	10	11
5:15- Boxcercise- Paula 8:00- Barre- Bri 9:00- Chair Yoga- Brittany 10:30- PWR4LIFE- Brittany 4:30- Strength + Stretch- Teresa 5:30- Pumped- Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00- Silversneakers- Linda 10:00- PWR4LIFE- Linda 4:30- Cardio + Core- Paula 5:30- Line Dance- Paula	5:15- Yogalates- Paula 8:00- Pumped- Angela 9:00- Silver Strong- Bri 10:00- PWR4Life- FLOOR- Leigh 10:30- PWR4Life- Leigh 5:30- Spin 45- Liz	5:15- Barre- Connie 8:00- Tone + Flow- Shayla 9:00- Balance- Bri 9:30- Seated Stretch- Bri 10:00- PWR4Life- Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Spin + Strength- Carol 8:00- Power 15's (bike) - Bri 9:00- Silversneakers- Linda 10:30 PWR4LIFE- Bri 12:00- Pumped 45- Liz	7:30 Yogalates Paula 8:30 Spin + Strength Liz
13	14	15	16	17	18
5:15- Boxcercise- Paula 8:00- Pumped- Angela 9:00- Chair Yoga- Brittany 10:30- PWR4LIFE- Brittany 4:30- Barre - Bri 5:30- Pumped- Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00- Silversneakers- Linda 10:00- PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	5:15- Yogalates- Paula 8:00- Barre- Bri 9:00- Silver Strong- Bri 10:00- PWR4Life- FLOOR- Leigh 10:30- PWR4Life- Leigh 5:30- Spin 45- Liz	5:15- Barre- Connie 8:00- Tone + Flow- Shayla 9:00- Balance- Bri 9:30- Seated Stretch- Bri 10:00- PWR4Life- Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Spin + Strength- Carol 8:00- Power 15's (cardio) - Bri 9:00- Silversneakers- Bri 10:30- PWR4LIFE- Bri 12:00- Pumped 45- Liz	7:30 Yogalates Paula 8:30 Spin + Strength Liz
20	21	22	23	24	25
5:15- Boxcercise- Carol 8:00- Pumped- Liz 9:00- Chair Yoga- Brittany 10:30- PWR4LIFE- Brittany 4:30- Strength + Stretch- Teresa 5:30- Pumped- Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Connie 8:00- Step + Core- Shayla 9:00- Silversneakers- Linda 10:00- PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	5:15- Yogalates- Bri 8:00- Barre- Bri 9:00- Silver Strong- Bri 5:30- Spin 45- Liz	Happy Thanksgiving! WELLCARE CLOSED 	WELLCARE CLOSED 	8:30 Spin + Strength Liz
27	28	29	30	Please Note Schedule Changes: Condensed Schedule 11/22 - 11/25 	
5:15- Boxcercise- Paula 8:00- Pumped- Angela 9:00- Chair Yoga- Brittany 10:30- PWR4LIFE- Brittany 4:30- Barre- Bri 5:30- Pumped- Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Connie 8:00- Cardio + Core- Bri 9:00- Silversneakers- Linda 10:00- PWR4LIFE- Linda 4:30- Cardio + Core- Carol 5:30- Line Dance- Carol	5:15- Yogalates- Paula 8:00- Barre- Bri 9:00- Silver Strong- Bri 10:00- PWR4Life- FLOOR- Leigh 10:30- PWR4Life- Leigh 5:30- Spin 45- Liz	5:15- Barre- Connie 8:00- Cardio + Core - Staff 9:00- Balance- Bri 9:30- Seated Stretch- Bri 10:00- PWR4Life - Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz		

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

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)

Strength + Stretch- Utilize heavier weights and work every muscle group. End with a full body stretch sure to leave you feeling your best. 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- Strength training utilizing a bar or free weights depending on the instructor and appropriate size weights to challenge your muscular endurance. Medium to heavier range weights. Rhythmic movements to music working specific muscle groups or functional movements. Plates, bar & potentially a step for the platform will be the main equipment. (2,3,4)

Power 15's- This class is designed to be fast paced and deliver a power packed well rounded workout. Start with 15 minutes on the bike, step or low impact cardio (this will be noted next to class) where you will be working at your best cardio effort. Be assured it will bring the sweat, work the heart and your lower body. In the second block of 15 minutes you will be challenged with weights and strength work for the upper body. In the third block of work we will tackle core to support the everyday movements. Class lasts 50 minutes. (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 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 stretches are a bit more intense than yoga. Class duration is 45 minutes. (1,2,3)

Chair Yoga- Seated breath work and gentle stretching appropriate for all levels. (1-4)

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)

Tone + Flow- The best of Pilates, Barre and Yoga collide for full body strength, stretch balance and core. This class will be the perfect low impact high intensity add on to your weekly routine. Challenge yourself to get stronger with this unique format. There will be floor work. The program is designed for standing and floor work however modifications as close to the move as possible will be provided. (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. Sometimes emphasis will be on specific areas such as core, mobility etc. 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.**