

J WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM		Functional Training		Functional Training	
9:00 AM	Barre		Barre	Tai Chi	
10:00 AM	Functional Yoga	OC Fit	Functional Yoga	OC Fit	
11:00 AM	Strength		Strength		

CLASS DESCRIPTIONS

All Abilities welcome, instructions will help come up with modifications to make it harder and/or easier for each member.

***NEW** Look for Workouts posted on the white board in the Wellness Center for a little inspiration.

Barre - Barre exercises are primarily bodyweight and we target each major muscle group at a time, working with high high repetition and light resistance, so we fatigue each muscle group. And then we combine some stretching in between each section of work. Flexibility, mobility and strength training in every single class.

OC Fit - OC Fit is a combination of strength/resistance training and low impact cardio and stretching exercises. Using a variety of equipment: weights, bands, stability balls and chairs. A total body workout.

Functional Yoga - Functional Yoga seeks to bring the personalization back into the practice and honor that each body is unique in its shape and bone structure and therefore, unique in its needs within the poses too. Essentially, functional yoga seeks to make yoga about YOU again.

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.

Strength - Total body workout geared with getting stronger. We will use hand weights, TRX, circuits, bands, and your own body for resistance training. Never the same workout twice.

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.

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!