

# Wellness Center DECEMBER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>FACILITY HOURS</b>	10 AM - 8 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	8 AM - 8 PM	
<b>POOL HOURS</b>	10 AM - 4 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	6 AM - 3:30 PM 4:30 PM - 8:30 PM	8 AM - 4 PM	
<b>GROUP EXERCISE CLASSES</b> <i>These classes are either new to our schedule or have changed times/days</i>	10:15am Silver Circuit	9am Silver Circuit 4pm Ab Attack 5pm Boot Camp 5pm Body Sculpt 6:10pm Zumba 7:15pm Beg.Yoga	6:30am Wake/Shape Up 8am Silver Aquatics 12pm Booty Patrol 12:30pm Core Cond. 4pm Circuit Training 4:30pm Run a 5K 5pm Aqua Fit 6pm Kickboxing 7pm Fitness Yoga	9am Pilates 10am Silver Pilates 4pm Ab Attack 5pm Balls & Bands 5:30pm Aqua Core 6pm Body Sculpt 7:10pm Zumba	6:30am Wake/Shape Up 8am Silver Aquatics 9am Balls & Bands 12pm Booty Patrol 12:30pm Core Cond. 5pm Silver Aquatics 5pm Power Zumba 6pm Boot Camp 7pm Intern. Yoga	9am Silver Circuit 2:30pm Zumba 4pm Ab Attack 4:30pm Run a 5K	8:15am Silver Aquatics <b>8:15am Kickboxing</b> <b>9:15am Body Sculpt</b> 10am Boot Camp <b>10:15am Pilates</b> <b>12pm Booty Patrol</b> <b>12:30pm Core Cond.</b>	
<p><i>As our gift to you this holiday season, we are offering</i></p> <p><b>FREE ACCESS</b></p> <p><i>to the Wellness Center Dec. 13th - Jan. 3rd!</i></p> <p>Open to students, staff, faculty, members, and the community!</p> <p>Just sign in at the Registration Desk!</p>			1	2	3	4	5	
						Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1	
	6	7 <b>Sign up for the Jingle Bell Jog!</b>	8	9	10	11	12 <b>Jingle Bell Jog starts at 10 AM</b>	
	Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1 until 7PM				Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1	
	<b>FREE ACCESS TO OUR FACILITY THROUGH JAN. 3RD!</b>		14	15	16	17	18	19
	Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1 until 7PM				Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1	
	20	21 <b>No Group Exercise Classes</b>	22 <b>No Group Exercise Classes</b>	23 <b>No Group Exercise Classes</b>	24 <b>CLOSED FOR CHRISTMAS EVE</b>	25 <b>CLOSED FOR CHRISTMAS DAY</b>	26 <b>No Group Exercise Classes</b>	
Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1 until 7PM					Volleyball Open Gym Arena Court #1		
27 <b>No Group Exercise Classes</b>	28 <b>No Group Exercise Classes</b>	29 <b>No Group Exercise Classes</b>	30 <b>No Group Exercise Classes</b>	31 <b>No Group Exercise Classes</b>	JAN. 1 <b>CLOSED FOR NEW YEAR'S DAY</b>			
Volleyball Open Gym Arena Court #1	Volleyball Open Gym Arena Court #1 until 7PM			CLOSING AT 2 PM FOR NEW YEAR'S EVE				

## All of SHEPHERD UNIVERSITY *Wellness Center's* group exercise classes have been evaluated and labeled in regards to whom it is appropriate for and the specific level of expected intensity:

- All levels: classes for active older adults
- Low Intensity: Appropriate for all fitness levels
- Moderate Intensity: Appropriate for all fitness levels with modifications
- High Intensity: May not be appropriate for all fitness levels

### Class Description

○ **Silver Circuit:** This 60 minute class incorporates flexibility and strengthening exercises for the entire body. Instruction is done with special care to avoid impact to the joints. Each class is different and may include chair instruction, band strengthening, stability ball, and free weights, and can take place both inside and outside our facility.

○ **Silver Pilates:** All the great benefits of Pilates adapted for you! This over 55 Pilates class will build a strong foundation in the basic moves and form of a traditional beginner class. It will enhance the fundamental understanding of core strength and stabilization as it applies to movement.

○ & **Silver Aquatics (formerly Aqua Aerobics):** In 60 minutes enjoy the benefits of: strengthening of muscles and joints, relief of stress, the prevention of osteoporosis, and meeting new people.

○ **Aqua Core:** Splash into this 60minute class that involves integration of the core for proper alignment, strength training, stretching, and breathing. Core training has never been so fun!

○ **Balls and Bands:** Come have a ball in this 60 minute full body class. You will learn how to use resistance bands and balls in ways you could not even imagine. Get more exercises for your workout toolbox in this innovative group exercise class!

○ **Booty Patrol:** If you're looking to shape up your lower body, then this 30 minute class for you. This multi-dimensional sculpt and cardio workout is designed with the use of your own bodyweight as well as weights. This butt-kicking workout will redefine and create the body you want.

○ **Circuit Training:** This 30 minute class will give you a great full body cardio and strength training workout, combining strength training, cardio movements, balance training and plyometrics. This class can be altered to challenge ALL FITNESS LEVELS.

○ **Pilates:** This 60 minute energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. This class is designed to show proper execution of form, breath, and technique to everyone in a self-paced yet challenging way.

○ **Run a 5K:** Need an accountability buddy to get you up and running? This is what we're here for! Our running club will meet Tuesdays and Fridays at 4:30pm. 3.1 miles is our goal! We will be running on our indoor track so you will be able to work at your own pace and stay warm. You will also get safe running tips and ways to improve your time! So lace up those sneakers and we'll see you on the track!

○ **Ab Attack:** A 30 minute workout focused on strengthening the core using both isotonic (multiple repetitions) and isometric (controlled held position) techniques.

○ **Body Sculpt:** Shape up in this 60 minute class by working on sculpting and strengthening all major muscle groups in the upper and lower body, including abs. May utilize one or more of the following: hand-held weights, bands, balls, bars, and/or steps.

○ **Core Conditioning:** This 30 minute class is designed to strengthen the abdominal muscles, hip flexors, obliques, and lower back. Stretching exercises are also added to round out the class and to help you improve your posture, body alignment, and injury resistance.

○ **Fitness Yoga:** In this 60 minute class, you will move from one yoga posture to the next to improve flexibility, strength and balance while burning big-time calories. Focus on injury reduction and low-impact strength training – perfect for the athlete in all of us. This yoga class will take your mind and body to the next level.

○ **Power Zumba:** Love Zumba? Who doesn't! We are taking it to the next level in our Power Zumba class. This 60 minute class will include higher intensity dancing and will incorporate strength moves. Come join the party!

○ **Wake Up & Shape Up:** Whether you're a beginner, an avid amateur or a competitive pro, we'll train you to look and feel like an athlete. How? Through highly personal, small-group sessions with an experienced certified strength and conditioning coach. Workouts will include strength training, cardio, core training, and stretching. Always fun, always motivational, always safe and always different!

○ **Yoga:** Our 60 minute sessions will be focused upon total body conditioning, stress reduction, Hatha and other practices, core training, relaxation, and meditation.

Beginner- classes provide a safe and instructive space for new and continuing participants to learn and refine the yoga basics, primary poses, principles of alignment, and breath-work. Classes are moderately paced.

Intermediate- classes provide a more vigorous routine. The pace is quicker, poses are held longer and more challenging variations of yoga poses are taught. Yoga experience is not required but strongly recommended.

○ **Zumba:** This 60 minute class consists of mostly Latin based dance routines that are inspired by hip hop, belly dancing, reggaeton, and so much more!

○ **Aqua Fit:** We've added a twist to Boot Camp by taking this 60 minute high intensity conditioning class into the pool. Full body strengthening exercises both in and beside the water will be integrated with swimming drills and relays to give you a challenging, yet fun workout. Ready to take your fitness to another level? Then jump in! (Participants must be able to swim)

○ **Boot Camp:** Get ready to fall in line! This 60 minute, group oriented class consists of a wide variety of short distance running, plyometrics, agility, and strengthening drills. If this class doesn't get your attention, nothing will!

○ **Kick Boxing:** This 60 minute class will shape your upper body with actual 'in-the-ring' combinations, (jabs, hooks, uppercuts) as you work your legs with a series of kicks. Jump roping & abdominal work round out this class.