

	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 - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 PM	6 AM - 10 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 11:30am Silver Hoops	9am Silver Circuit 3:30pm Upper Cuts 4pm Ab Attack 5pm Body Sculpt 6:10pm Millen. Step <b>6:30pm Aqua Core</b> 7:15pm Zumba	<b>8am Silver Aquatics</b> 12:30pm Circuit Train. 1pm Pilates 3:30pm Booty Patrol 4pm Core Cond. 4:30pm Run a 5K 6pm Kickboxing 7pm Fitness Yoga	9am Pilates 10am Silver Pilates 11am Classical Yoga 3:30pm Upper Cuts 4pm Ab Attack 5pm Core Step <b>5:30pm Aqua Core</b> 6pm Body Sculpt 7:10pm Hip Hop Dance	<b>8am Silver Aquatics</b> 1pm Beg. Yoga 3:30pm Booty Patrol 4pm Core Cond. 5:30pm Kick. Skill/Drill <b>6:30pm Zumba</b>	9am Silver Circuit 11am Classical Yoga 3:30pm Upper Cuts 4pm Ab Attack 6:10pm Zumba	<b>8:15am Silver Aquatics</b> 8:15am Kickboxing 9:15am Body Sculpt 10:15am Pilates 12pm Booty Patrol 12:30pm Core Cond.
<p>Fall in line, but leave the combat boots behind for our <b>WELLNESS WARRIOR CLUB!</b> Camp #2 starts July 12th!</p> <p>Please note our upcoming closures for routine maintenance: Pool will be closed June 28 - July 4 (All Aquatic GE Classes Cancelled)</p> <p>Arena, Racquetball Courts and Multipurpose Rooms will be closed July 9 - 19 (ONLY Aquatic GE Classes Will Be Held)</p> <p>Did you know that we have a massage therapist? Contact Kate Walsh at 757-435-4357 to set up an appointment!</p>					1 <b>POOL CLOSED</b> <b>NO ZUMBA</b>	2 <b>POOL CLOSED</b> Volleyball Open Gym Arena Court #2	3 <b>POOL CLOSED</b> Volleyball Open Gym Arena Court #2
	4 <b>FACILITY CLOSED FOR HOLIDAY</b>	5 <b>NO GE CLASSES</b> Volleyball Open Gym Arena Court #2	6 <b>SILVER AQUATICS ONLY</b>	7 <b>AQUA CORE ONLY</b>	8 <b>SILVER AQUATICS ONLY</b>	9 <b>COURTS &amp; MP ROOMS CLOSED</b>	10 <b>COURTS &amp; MP ROOMS CLOSED</b>
	11 <b>COURTS &amp; MP ROOMS CLOSED</b>	12 <b>COURTS &amp; MP ROOMS CLOSED</b> WELLNESS WARRIOR CAMP #2 STARTS	13 <b>COURTS &amp; MP ROOMS CLOSED</b>	14 <b>COURTS &amp; MP ROOMS CLOSED</b>	15 <b>COURTS &amp; MP ROOMS CLOSED</b>	16 <b>COURTS &amp; MP ROOMS CLOSED</b>	17 <b>COURTS &amp; MP ROOMS CLOSED</b>
	18 <b>COURTS &amp; MP ROOMS CLOSED</b>	19 <b>COURTS &amp; MP ROOMS CLOSED</b>	20	21	22	23 Volleyball Open Gym Arena Court #2	24 Volleyball Open Gym Arena Court #2
	25 Arena Court #1 closed 11:30 AM - 12:30 PM for Silver Hoops Volleyball Open Gym Arena Court #2	26 Volleyball Open Gym Arena Court #2	27	28 Wellness Wednesday Blowout! Free access for all!	29	30 Volleyball Open Gym Arena Court #2	31 Volleyball Open Gym Arena Court #2

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**

🕒 **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 Hoops:** Come play with a pro! Annica Hedman-Marshall played professional basketball for ten years in the highest league in Sweden and traveled throughout Europe and the United States with the National Team. This 60 minute class incorporates basic basketball skills and techniques, offensive and defensive drills and live play at the end. Game on!

🕒 **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:** In 60 minutes enjoy the benefits of: strengthening of muscles and joints, relief of stress, the prevention of osteoporosis, and meeting new people.

**LOW INTENSITY: APPROPRIATE FOR ALL FITNESS LEVELS**

🕒 **Aqua Core:** Splash into this 60 minute 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.

🕒 **Classical Yoga:** Come relax in this 60 minute yoga class that will gradually work you towards deeper flexibility of the mind, body and spirit. A variety of traditional yoga poses are introduced along with breathing techniques to help bring a calm and meditative quality to each pose.

🕒 **Core Step:** This 60 minute class is an excellent fat burner that includes lower body and core conditioning in a fun cardio step aerobics routine.

🕒 **Hip Hop Dance:** This 60 minute class combines hip-hop and modern dance with today's top radio hits to create a fun and energetic environment. You'll have so much fun you won't even know you're working out!

🕒 **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! 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!

🕒 **Upper Cuts:** Get the arms and back you've always dreamed of in this 30 minute sculpting class. A combination of bars, bands, dumbbells, and body weighted exercises will get you cut up and shaped up!

**MODERATE INTENSITY: APPROPRIATE FOR ALL FITNESS LEVELS WITH MODIFICATIONS**

🕒 **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.

🕒 **Millennium Step:** This 60 minute step aerobics class has evolved with the times, bringing you awesome music and modern moves! These step combinations will work major muscle groups, break down fat, and focus on shaping and toning many problem areas.

🕒 **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!

**HIGH INTENSITY: MAY NOT BE APPROPRIATE FOR ALL FITNESS LEVELS**

🕒 **Kickboxing:** 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.

🕒 **Kickboxing Skills and Drills:** Reshape yourself in this 60 minute non-stop, non-contact kickboxing class! This high intensity class includes shadow boxing, calisthenics, kickboxing drills and cardio kickboxing combinations. Tons of kicks, punches, blocks, and footwork!