### January Education & Group Schedule

**RD**: Registered Dietitian / Nutrition  **BH**: Behavioral Health  **EX**: Exercise

<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td></td>
<td><strong>New Year’s Day</strong></td>
<td><strong>Clinic Closed</strong></td>
<td><strong>Supervised Cardio Circuit</strong>&lt;br&gt;10:00-11:00 am</td>
<td><strong>Supervised Cardio Circuit</strong>&lt;br&gt;6:30-7:30 pm</td>
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<tr>
<td><strong>5</strong></td>
<td><strong>Chair Yoga</strong>&lt;br&gt;6:30-7:30 pm</td>
<td><strong>7</strong></td>
<td><strong>CLICK (RD + BH)</strong>&lt;br&gt;Sugar, Fat, Salt + Cravings Management &amp; Nighttime Eating&lt;br&gt;9:00-10:30 am</td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
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<tr>
<td><strong>6</strong></td>
<td><strong>Chair Yoga</strong>&lt;br&gt;6:30-7:30 pm</td>
<td><strong>CLICK (RD + BH)</strong>&lt;br&gt;Sugar, Fat, Salt + Cravings Management &amp; Nighttime Eating&lt;br&gt;5:30-7:00 pm</td>
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<td><strong>Chair Yoga</strong>&lt;br&gt;10:00-11:00 am</td>
<td><strong>Healthy Lifestyle Support Group</strong>&lt;br&gt;5:30-6:30 pm</td>
<td><strong>Workshop (RD)</strong>&lt;br&gt;Getting Back on Track #1/4&lt;br&gt;12:00-1:00 pm</td>
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<td><strong>7</strong></td>
<td><strong>Chair Yoga</strong>&lt;br&gt;6:30-7:30 pm</td>
<td><strong>Aerobic Walking</strong>&lt;br&gt;11:00 am-12:00 pm</td>
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<td><strong>16</strong></td>
<td><strong>17</strong></td>
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<td><strong>19</strong></td>
<td><strong>Cardio Strength Fusion</strong>&lt;br&gt;6:30-7:30 pm</td>
<td><strong>Advanced Learning (RD)</strong>&lt;br&gt;Ingles Grocery Store Tour ($) 9:00-10:00 am</td>
<td><strong>CLICK (BH + EX)</strong>&lt;br&gt;Stress Management + Being Active&lt;br&gt;12:00-1:30 pm</td>
<td><strong>Cardio Strength Fusion</strong>&lt;br&gt;10:00-11:00 am</td>
<td><strong>Workshop (RD)</strong>&lt;br&gt;Getting Back on Track #3/4&lt;br&gt;12:00-1:00 pm</td>
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<td><strong>26</strong></td>
<td><strong>Healthy Lifestyle Support Group</strong>&lt;br&gt;5:30-6:30 pm</td>
<td><strong>Chair Aerobics</strong>&lt;br&gt;11:00 am-12:00 pm</td>
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<td><strong>So What Now? Surgical Support Group</strong>&lt;br&gt;5:30-7:00 pm</td>
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<td><strong>Workshop (RD)</strong>&lt;br&gt;Getting Back on Track #4/4&lt;br&gt;12:00-1:00 pm</td>
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See reverse side for more information on pricing and class descriptions.

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**1 Hospital Drive, Suite 3400, Asheville, NC 28801 • 828-213-4100**

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Updated 12.17.19
CLICK CLASSES (free of charge)
Condensed Lifestyle Intervention Core Knowledge

CLICK classes are open to all established patients at the clinic. No registration required. Please no support people or children.

STRESS MANAGEMENT: Learn skills to manage your stress more effectively by developing healthy self-care techniques.

BEING ACTIVE: Covers lifestyle activity, accumulating activity, components of a well-balanced exercise routine, and structuring an exercise routine. Discuss the benefits of activity, tips for short and long term motivation and tools to enjoy exercise more.

THINKING HABITS & EMOTIONAL WELLBEING: Learn to recognize and reorganize your thought patterns for improved emotional & behavioral health.

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SUGAR, FAT, SALT: Learn how these 3 ingredients appeal to our brain, and how the food industry uses this to create attraction for certain foods.

CRavings MANAGEMENT & NIGHTTIME EATING: Curb cravings by learning to monitor your behavior patterns and implement structure.

GROCERY SHOPPING: Learn how to navigate the grocery store to find healthy options, as well as label reading and deciphering ‘buzz words.’

ONGOING EXERCISE: Discuss how to continue progressing your exercise including how to add intervals and resistance training basics.

COMMUNICATION & BOUNDARY SETTING: Learn ways to improve relationships and communication skills to enhance your health-related needs.

HEALTHY COOKING & RECIPE SUBSTITUTION: This class covers equipment, cooking methods, recipe modification, and adding flavor to meals.

ADVANCED LEARNING CLASSES ($15)

These classes require a $15 fee, per person, to attend. Payment is non-refundable and non-transferable. Sign up and pay at the register.

GROCERY STORE TOUR: Learn how to navigate the grocery store and make healthy choices in each department. Spots are limited. More details provided after sign up. Instructor: Mary Lindsey Jackson, RD, LDN

GROUP MOVEMENT CLASSES (free of charge)

See attached Movement Class Schedule for description of classes and for open gym times. These classes are open to all patients. No support or family members.

WORKSHOPS (billed to insurance)

Space is limited and patients are encouraged to sign up quickly. These workshops provide opportunity for more hands-on, immersive learning experiences. These workshops are billed to insurance for those who have nutrition coverage; cost varies depending on individual insurance. A self-pay option is available. Please no support people or children.

GETTING BACK ON TRACK 4 WEEK SERIES: Have you lost motivation, gotten off track, or experienced weight regain? This workshop will help you refocus your healthy efforts and explore obstacles in your way. Instructor: Elizabeth Holmes, MS, RD, LDN (This is a 4 week series. Attendance to all 4 weeks is recommended)

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SO WHAT NOW? SURGICAL SUPPORT GROUP: Open to patients who are at least 1+ year post-op bariatric surgery, and their support people.
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<td>CLICK (RD + EX)</td>
<td>Surgical Support Group</td>
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<td>Grocery Shopping + Ongoing Exercise</td>
<td>6:00-7:30 pm</td>
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<td>Grocery Shopping</td>
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<td>2</td>
<td>Weighted Equipment 6:30-7:30 pm</td>
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<td></td>
<td>Weighted Equipment</td>
<td>Advanced Learning (RD + EX)</td>
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<tr>
<td>3</td>
<td>Tai-Chi 11:00 am-12:00 pm</td>
<td>Workshop (RD) Getting Back on Track #3/4</td>
<td>Workshop (RD) Getting Back on Track #3/4</td>
<td>Workshop (RD)</td>
<td>Healthy Lifestyle Support Group 8:30-9:30 am</td>
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<td>4</td>
<td>CLICK (RD + EX)</td>
<td>Surgical Support Group</td>
<td>Surgical Support Group</td>
<td>CLICK (BH +RD)</td>
<td>Surgical Support Group</td>
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<td>5</td>
<td>Grocery Shopping + Ongoing Exercise</td>
<td>6:00-7:30 pm</td>
<td>12:00-1:00 pm</td>
<td>Thinking Habits &amp; Emotional Wellbeing + Eat to Live</td>
<td>10:00-11:00 am</td>
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<tr>
<td>6</td>
<td>Weighted Equipment</td>
<td>Workshop (RD) Getting Back on Track #2/4</td>
<td>Workshop (RD) Getting Back on Track #2/4</td>
<td>CLICK (BH + RD)</td>
<td>Low Impact Aerobics 10:00-11:00 am</td>
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<td>7</td>
<td>CLICK (RD + EX)</td>
<td>Workshop (RD) Getting Back on Track #2/4</td>
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<td>CLICK (BH + RD)</td>
<td>Low Impact Aerobics 10:00-11:00 am</td>
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<td>8</td>
<td>Grocery Shopping + Ongoing Exercise</td>
<td>4:00-5:00 pm</td>
<td>4:00-5:00 pm</td>
<td>Thinking Habits &amp; Emotional Wellbeing + Eat to Live</td>
<td>Low Impact Aerobics</td>
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<td>9</td>
<td>Tai-Chi 7:15-7:45 pm</td>
<td>11:00 am-12:00 pm</td>
<td>12:00-1:00 pm</td>
<td>6:00-7:00 pm</td>
<td>6:30-7:30 pm</td>
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<td>10</td>
<td>CLICK (RD + EX)</td>
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<td>CLICK (BH + RD)</td>
<td>Healthy Lifestyle Support Group 5:30-6:30 pm</td>
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<td>11</td>
<td>Grocery Shopping + Ongoing Exercise</td>
<td>4:00-5:00 pm</td>
<td>4:00-5:00 pm</td>
<td>Low Impact Aerobics</td>
<td>6:30-7:30 pm</td>
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<td>13</td>
<td>Low Impact Aerobics</td>
<td>Workshop (RD) Getting Back on Track #4/4</td>
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<td>Workshop (RD)</td>
<td>Surgical Support Group 10:00-11:00 am</td>
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<td>14</td>
<td>Low Impact Aerobics</td>
<td>6:00-7:00 pm</td>
<td>6:00-7:00 pm</td>
<td>Surgical Support Group</td>
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<td>Low Impact Aerobics</td>
<td>6:00-7:00 pm</td>
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<td>Supervised Cardio Circuit</td>
<td>So What Now? Surgical Support Group 5:30-7:00 pm</td>
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<td>16</td>
<td>Healthy Lifestyle Support Group</td>
<td>Supervised Cardio Circuit</td>
<td>Supervised Cardio Circuit</td>
<td>Advanced Learning (RD)</td>
<td>Healthy Lifestyle Support Group 8:30-9:30 am</td>
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<td>17</td>
<td>5:30-6:30 pm</td>
<td>11:00 am-12:00 pm</td>
<td>11:00 am-12:00 pm</td>
<td>Beyond Olive Oil: Mediterranean Lifestyle ($)</td>
<td>Supervised Cardio Circuit 10:00-11:00 am</td>
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<td>18</td>
<td>Low Impact Aerobics</td>
<td>6:30-7:30 pm</td>
<td>6:30-7:30 pm</td>
<td>($12:00-1:00 pm</td>
<td>Supervised Cardio Circuit 10:00-11:00 am</td>
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<td>19</td>
<td>CLICK (BH +RD)</td>
<td>Advanced Learning (RD)</td>
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<td>CLICK (BH + RD)</td>
<td>Supervised Cardio Circuit</td>
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<td>20</td>
<td>Thinking Habits &amp; Emotional Wellbeing + Eat to Live</td>
<td>12:00-1:00 pm</td>
<td>12:00-1:00 pm</td>
<td>Thinking Habits &amp; Emotional Wellbeing + Eat to Live</td>
<td>Supervised Cardio Circuit 6:30-7:30 pm</td>
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<td>21</td>
<td>Low Impact Aerobics</td>
<td>6:30-7:30 pm</td>
<td>6:30-7:30 pm</td>
<td>Low Impact Aerobics</td>
<td>Supervised Cardio Circuit</td>
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<td>22</td>
<td>Healthy Lifestyle Support Group</td>
<td>8:30-9:30 am</td>
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<td>24</td>
<td>Healthy Lifestyle Support Group</td>
<td>5:30-6:30 pm</td>
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<td>Supervised Cardio Circuit</td>
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<td>25</td>
<td>5:30-6:30 pm</td>
<td>Advanced Learning (RD)</td>
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<td>Supervised Cardio Circuit</td>
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<td>26</td>
<td>Supervised Cardio Circuit</td>
<td>11:00 am-12:00 pm</td>
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<td>Advanced Learning (RD)</td>
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<td>Supervised Cardio Circuit</td>
<td>8:30-9:30 am</td>
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<td>29</td>
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<td>10:00-11:00 am</td>
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Updated 12.17.19
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STRESS MANAGEMENT: Learn skills to manage your stress more effectively by developing healthy self-care techniques.

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METABOLISM & WEIGHT LOSS (RD + EX): What is metabolism? Learn what impacts our metabolism, how energy is used, and the role of exercise as related to weight management long-term. Instructors: Elizabeth Holmes, MS, RD, LDN & Cassy Scott, BS.

BEYOND OLIVE OIL: MEDITERRANEAN LIFESTYLE (RD): Discover health benefits of and practical ways to adopt traditional eating patterns and lifestyle habits of the Mediterranean region. Instructor: Rachel Vincent, RD, LDN

GROUP MOVEMENT CLASSES (free of charge)

See attached Movement Class Schedule for description of classes and for open gym time. These classes are open to all patients. No support or family members.

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**BH:** Behavioral Health  
**EX:** Exercise  

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|     | Resistance Bands  
6:30-7:30 pm | CLICK (BH + RD)  
Communication & Boundary Setting + Healthy Cooking & Recipe Substitution  
9:00-10:30 am  
Resistance Bands  
11:00 am-12:00 pm | Surgical Support Group  
6:00-7:30 pm | Resistance Bands  
10:00-11:00 am  
Healthy Lifestyle Support Group  
5:30-6:30 pm  
Resistance Bands  
5:30-7:30 pm |  
| 8   | 9      | 10      | 11        | 12       | 13     | 14  |
|     | CLICK (BH + RD)  
Communication & Boundary Setting + Healthy Cooking & Recipe Substitution  
5:30-7:00 pm  
Chair Yoga  
6:30-7:30 pm | Chair Yoga  
11:00 am-12:00 pm |  
| 15  | 16     | 17      | 18        | 19       | 20     | 21  |
|     | Aerobic Walking  
6:30-7:30 pm  
Advanced Learning (BH)  
Harnessing the Power of Habits ($) 12:00-1:00 pm | Aerobic Walking  
11:00 am-12:00 pm  
Surgical Support Group  
6:00-7:30 pm | CLICK (RD + BH)  
Eating Style & Meal Planning  
Improving Eating Control  
12:00-1:30 pm  
Aerobic Walking  
10:00-11:00 am  
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Improving Eating Control  
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| 22  | 23     | 24      | 25        | 26       | 27     | 28  |
|     | Healthy Lifestyle Support Group  
5:30-6:30 pm  
Cardio Strength Fusion  
6:30-7:30 pm | Cardio Strength Fusion  
11:00 am-12:00 pm |  
| 29  | 30     | 31      |           |          |        |     |
|     | Chair Aerobics  
6:30-7:30 pm | Chair Aerobics  
11:00 am-12:00 pm  
Advanced Learning (EX)  
Growing Your Muscles ($) 5:30-6:30 pm |  

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CRAVINGS MANAGEMENT & NIGHTTIME EATING: Curb cravings by learning to monitor your behavior patterns and implement structure.

GROCERY SHOPPING: Learn how to navigate the grocery store to find healthy options, as well as label reading and deciphering ‘buzz words.’

ONGOING EXERCISE: Discuss how to continue progressing your exercise including how to add intervals and resistance training basics.

COMMUNICATION & BOUNDARY SETTING: Learn ways to improve relationships and communication skills to enhance your health-related needs.

HEALTHY COOKING & RECIPE SUBSTITUTION: This class covers equipment, cooking methods, recipe modification, and adding flavor to meals.

ADVANCED LEARNING CLASSES ($15)

These classes require a $15 fee, per person, to attend. Payment is non-refundable and non-transferable. Sign up and pay at the register.

HARNESSING THE POWER OF HABITS (BH): Are you having trouble making new habits stick? Learn how to cultivate more helpful and productive habits that lead to positive behaviors and wellbeing. Instructor: Audrey Ulke, PsyD

GROWING YOUR MUSCLES (EX): Go beyond resistance training basics and learn what is needed to enhance your strength training, increase muscle and how to keep it. Instructor: Cassy Scott, BS.

GROUP MOVEMENT CLASSES (free of charge)

See attached Group Movement Class Schedule for description of classes and for open gym times. These classes are open to all patients. No support or family members.

WORKSHOPS (billed to insurance)

Space is limited and patients are encouraged to sign up quickly. These workshops provide opportunity for more hands-on, immersive learning experiences. These workshops are billed to insurance for those who have nutrition coverage; cost varies depending on individual insurance. A self-pay option is available. Please no support people or children.

SPICE IT UP! Learn how to build flavor in meals using spices, herbs, and other ingredients from the pantry. Add variety to your cooking without relying on complicated recipes! Instructors: Nicole Martinez, RD, LDN & Mary Lindsey Jackson, RD, LDN

SUPPORT GROUPS (free of charge)

SURGICAL SUPPORT GROUP: Support for those pre- and post-bariatric surgery. Open to patients, friends, family, and community members.

HEALTHY LIFESTYLE SUPPORT GROUP: Support for all patients who are desiring weight loss, weight maintenance, or just simply creating healthy lifestyle habits.

EAP ALUMNI SUPPORT GROUP: Support for those who have completed the Eating Awareness Program. Participants from EAP only.

SO WHAT NOW? SURGICAL SUPPORT GROUP: Open to patients who are at least 1+ year post-op bariatric surgery, and their support people.
# GROUP MOVEMENT CLASS SCHEDULE

## January 2020

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<td>6 Chair Yoga 6:30-7:30 pm</td>
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<td>20 Cardio Strength Fusion 6:30-7:30 pm</td>
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GROUP MOVEMENT CLASS DESCRIPTIONS

***Please note that participation in group exercise classes is open to patients of Mission Weight Management only. An orientation appointment must be completed prior to enrollment in classes or use of fitness equipment.***

SUPERVISED CARDIO CIRCUIT
This class will be taught in the Weight Management Center Cardio Room. Participant will be able to use several cardio machines while the instructor is present. Instructor will help with equipment set up, modification to avoid problematic areas, motivation, proper form, and time keeping. Interval options will be offered. Limited to 5 participants. Registering ahead of time is highly encouraged.

LOW IMPACT AEROBICS
In this aerobics class we will build into compound movements at a moderate intensity with little impact. Classes can vary from low impact cardio kickboxing to cardio with a core strengthening focus. Class will begin with instructions and demonstrations for the choreographed sequence that will build as the sequence progresses. Modifications will be provided to match your fitness level.

RESISTANCE BANDS
Get a full body workout with resistance bands in this moderate intensity, instructor guided class. Movements can be performed standing or sitting. Proper form will be a focus in this class to build confidence to resistance train at your gym or in your home. Modifications will be provided to work around injured or problematic areas.

CHAIR YOGA
Breathe, stretch, strengthen and relax in this chair based yoga class. Class will begin seated with range of motion exercise, transition into standing strengthening and balancing postures, and end with deep relaxation in the chair. Breath will be a focus to help you deepen into your stretch and tap into stress management skills.

AEROBIC WALKING
This moderate intensity cardio class will be taught in the large movement studio. Movements will include walking forwards, backwards, side-to-side, and several additional movements. The idea behind this class is that exercise does not need to be complicated; it just has to get you moving! Modifications will be provided to match your fitness level.

WEIGHTED EQUIPMENT
Get a full body workout while learning how to use a variety of resistance equipment. Instruction and proper form will be the focus for this class. Modifications will be given to avoid problematic areas. No prior experience required.

TAI-CHI
Tai-Chi is an ancient martial art that has been practiced in China for over 2,000 years. This beginner’s class will help increase flexibility, strength, balance and self-awareness while helping to manage stress. Breath will be a focus to help you deepen into your stretch and tap into stress management skills. Modifications will be given to help match your flexibility and fitness level.

CHAIR AEROBICS
Does your back hurt? Are your knees painful with activity? Come get moving and your heart rate up while your body is supported in the chair aerobics class. Come ready to move and have fun!

CARDIO STRENGTH FUSION
This class is great for the individual who is looking to step their fitness up a level! Cardio and strength intervals will alternate throughout the class. Short rests will be included to prepare you to work hard for the upcoming round. You will leave this class having achieved a heart pumping, full body workout.

OPEN GYM SCHEDULE

Monday: 8:00 am - 6:00 pm
Tuesday: 8:00 am - 6:30 pm
Wednesday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 6:30 pm
Friday: 8:00 am - 4:00 pm

EXERCISE SPECIALIST IN OFFICE

Monday: 3:00 pm - 6:00 pm
Tuesday: 8:30 am - 6:30 pm
Wednesday: 12:00 pm - 5:00 pm
Thursday: 8:00 am - 6:30 pm
Friday: out of office