

# Wellness Schedule - Otsego

## September Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Gym is open for walking or pickleball outside of the class times listed here!			
Cardio Strength & Stretch 10:00-10:30AM GYM Lori	Silver Sneakers Classic 9:45-10:30AM GYM Lori	Cardio Strength & Stretch 10:00-10:30AM GYM Lori	Silver Sneakers Classic 9:45-10:30AM GYM Lori	Low Impact Cardio 10:00-10:30AM GYM Lori
Memory Care Exercise 10:30-11:00AM 2nd Floor Katie		Memory Care Exercise 10:30-11:00AM 2nd Floor Katie		Memory Care Exercise 12:30-1:00PM 2nd Floor Katie
Beginner Balance 1:15-1:45PM GYM Katie	Cardio Drumming 1:15-1:45PM GYM Lori	Beginner Balance 1:15-1:45PM GYM Katie	Line Dancing 1:15-1:45PM GYM Lori	Strength & Stretch 1:15-1:45PM GYM Katie
	Falls Prevention Event Wednesday, September 22			
*A face covering for nose and mouth is required in Club GA - Otsego. Please complete our COVID Visitor Screening Log upon arrival to Club GA. Thank you for your cooperation!				
CLASS DESCRIPTIONS				

**Beginner Balance:** This class is 30 minutes in length focuses on stability and functional movement while improving your balance and core strength. Includes seated and standing movements and exercises. Can be modified for all levels.

**Cardio Drumming - Seated:** A fun, rhythmic seated drumming class using stability balls as drums. A unique sensory/motor program designed to give the mind and body instant feedback. This aerobic exercise can also increase the neurological connection between the two brain hemispheres. It is a workout for the mind, body, and spirit and can be modified for any fitness level.

**Cardio, Strength & Stretch:** A 30-minute class moving you through exercises aimed at improving cardiovascular health, muscular strength, range of movement, and activity for daily living skills. A chair, hand-held weights, elastic tubing with handles, and a ball may be used.

**Line Dancing:** Move and groove to a variety of music, basic footwork and fun choreography while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

**Low-Impact Cardio:** Exercise to a variety of music, with basic footwork and fun choreography, you will be moving your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.

**Strength & Stretch:** Join us for a beginner/moderate level exercise class focused on strengthening major muscle groups and releasing any tension or stiffness through a series of stretches.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Open Monday - Thursday, 7am-6pm and Friday, 7am-4:30pm**

**Phone 763-635-5463**