

# November 2022 Wellness Schedule - Elk River

Regular Hours: M-F, 7am - 4:30 pm | Extended Hours: 7 days/week, 6am - 10pm

Monday	Tuesday	Wednesday	Thursday	Friday
		Close @ 3pm 11/23	CLOSED 11/24 & 11/25	
Walking Club 9:00 - 9:30am Gym	Walking Club 9:00 - 9:30am Gym			Walking Club 9:00 - 9:30am Gym
Tai Chi 10:30-11:15am Kayla	Stability - Balance Class 10:30-11:00am Pat		Tai Chi 10:30-11:15am Kayla	Stability - Balance Class 10:30-11:00am Kayla
Total Body Circuit 12:15-12:45pm Kayla		Yoga 12:10-12:50pm LEC   Kayla	Power & Stretch 11:30-12:00pm Kayla	
		SilverSneakers® Classic 1:45-2:30pm Kayla	Gentle Yoga 1:45-2:30pm LEC   Kayla	SilverSneakers® Classic 1:45-2:30pm Holly
CLASS DESCRIPTIONS				

**Gentle Yoga:** Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and improve mental clarity.\*All exercises and stretches are done seated or standing. All fitness levels welcome.

**Power & Stretch:** Focus on strengthening AND stretching your muscles during this 30 minute class! Strength circuits utilizing free weights, resistance bands and body weight will be followed by a deep stretch and relaxation for mind and body. Moderate intensity.

**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.

**Stability-Balance Class:** This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated and standing exercises using resistance bands and small fitness balls. Great for anyone looking to improve their balance!

**Tai Chi:** Follow the instructor through a series of gentle physical exercises and stretches. Each Tai Chi posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body. This 30-45 minutes Tai Chi class introduces and practices Tai Chi forms in a variety of sequences and focuses on improving strength, balance and connecting the mind to the body. All fitness levels welcome.

**Total Body Circuit:** Challenge your body with a combination of cardio and strength movement patterns engaging upper body, lower body and core muscles. If you're looking to switch up your usual exercise routine for a moderate-level fat burning session, then this class is for you! Modifications available for all exercises, encouraged to work at YOUR pace- give it a try!

**Walking Club:** Let's gather for a group walk! Follow Leslie Sansone in a 20-30 minute video program that incorporates upper-body movements to increase calorie burn and walk your way fit!

**Yoga:** In this traditional mat yoga class, you will be led through a flow of postures - focusing on building strength, flexibility and balance. Breathing techniques are utilized to help you relax your mind and body. Mats are available in Club GA. All fitness levels welcome - Ability to move up and down from floor encouraged.

Contact: Kayla Miller, Director of Wellness

Email: [kmiller@ga-er.org](mailto:kmiller@ga-er.org)

Phone: 763-241-4434

[guardianangelsmn.org](http://guardianangelsmn.org)