



February 2025

Highview Hills

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 – Better Balance	4 9:30 – Strength 10:00 – Core Strong 2:00 – Afternoon Stretch	5 9:30 – Strength 10:00 – Cardio & Balance	6 9:30 – Strength 10:00 – Silver&Fit	7 10:00 – Chair Yoga
10 10:00 – Better Balance	11 9:30 – Strength 10:00 – Core Strong 2:00 – Afternoon Stretch	12 9:30 – Strength 10:00 – Cardio & Balance	13 9:30 – Strength 10:00 – Silver&Fit 1:45 – Parkinson's Class	14 10:00 – Chair Yoga
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Class descriptions:

Better Balance

Starts with 10 minutes of seated stretches/warm-up exercises specific to legs/lower body. Leads into 20 minutes of standing exercises: Single foot balance, mobility, flexibility, spatial awareness, and slight cardio engagement.

Strength

A more self-guided and motivated class approach. Participants take turns going around the gym and using each of our HUR workout machines, which include: leg press, chest press, leg extension/curl, dip/shrug, hip abduction/adduction, rhomboid, and abdominal curl. There are auxiliary exercises that are set up as well, such as: step-ups, resistance bands, and weighted bars. Our wellness specialist will offer help and advice as needed.

Core Strong

Starts with 10 minutes of seated stretches/warm-up exercises specific to the core muscles. Leads into 20 minutes of seated core exercises. Most of this class is completed in the seated position.

Afternoon Stretch

The gym's lights are dimmed and soothing music is played in the background. Participants are led through a dynamic and thorough stretch lasting 20-30 minutes. Most of this class is completed in the seated position.

Cardio & Balance

Starts with 10 minutes of seated stretching/warm-up exercises. Leads into 20 minutes of standing cardio and balance exercises. This is similar to the Better Balance class; however, it is designed to increase heart rate. Participants can use weighted exercise balls to increase the difficulty of some exercises.

Silver&Fit

Starts with 10 minutes of seated stretching/warm-up exercises specific to the upper body. Leads into 20 minutes of dumbbell exercises, focused on the upper body. Exercises include: shoulder press, bicep curls, triceps extensions, and rows. These exercises are mostly completed in a seated position.

Parkinson's Class

Although this class is labeled as a Parkinson's specific course, anyone can participate. The class starts with 10 minutes of seated stretches/warm-up exercises, doing the best to stretch most major muscles. The rest of class consists of mainly seated exercises for both upper and lower body. Many of the exercises emphasize big movements of the body and some that stimulate the brain as well, which are known to help mitigate some of the physical symptoms of Parkinson's.

Chair Yoga

Starts with 10 minutes of seated stretching/warm-up exercises, focusing on the whole body. The next 10 minutes are seated yoga poses and positions that focus on keeping a tight core and deep breathing. The last 10 minutes are spent in a standing position to work on more challenging positions.