



# February 2025

## The Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 – <b>Strength Circuit &amp; Boxing</b>	4 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	5 10:30 – <b>Strength Circuit &amp; Boxing</b>	6 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	7 10:30 – <b>Be Wise Exercise</b>
10 10:30 – <b>Strength Circuit &amp; Boxing</b>	11 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	12 10:30 – <b>Strength Circuit &amp; Boxing</b>	13 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	14 <b>No Class</b> <b>Attend Sweetheart Brunch</b>
17 10:30 – <b>Strength Circuit &amp; Boxing</b>	18 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	19 10:30 – <b>Strength Circuit &amp; Boxing</b>	20 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	21 10:30 – <b>Be Wise Exercise</b>
24 10:30 – <b>Strength Circuit &amp; Boxing</b>	25 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	26 10:30 – <b>Strength Circuit &amp; Boxing</b>	27 10:30 – <b>Balance &amp; Stability</b> 11:15 – <b>Chair Yoga</b>	28 10:30 – <b>Be Wise Exercise</b>

## Class descriptions:

### **Be Wise Exercise**

This class focuses on energy-efficient exercises that use the brain and body to improve postural strength and balance, to increase daily endurance for all activities. This class promotes increased energy, decreased stress and strain on body, fewer falls, and improved sleep and digestion. Low intensity.

### **Strength Circuit & Boxing**

Location: Wellness Center

Ten full-body strength exercises that can be done seated or standing to increase core, upper body, and lower body strength, and to improve endurance for daily activities. Low to medium intensity.

### **Balance & Stability**

Location: CityView Community Room

Challenge yourself during standing exercises and standing movement challenges as you go through a circuit of 14 exercises that will be modified to your ability. Medium intensity.

### **Chair Yoga**

Location: CityView Community Room

Seated class focusing on breathing, posture, and stretching our tight muscles, and strengthening our core and breathing muscles. Low intensity.

## Membership program

The Wellness Center and all classes are a part of a membership program. We welcome you to try classes before joining. Most insurance plans will cover the cost of a Wellness Center membership. Please make an appointment with the wellness center specialist to enroll or try a class.