



# March 2025

Havenwood of Onalaska

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Cardio Drumming</p>	<p>4</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Strength &amp; Stability</p>	<p>5</p> <p>8:30 Rise &amp; Stretch 10:00 Cardio &amp; Cognition 1:00 Cardio Drumming</p>	<p>6</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Strength &amp; Stability</p>	<p>7</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>10</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Cardio Drumming</p>	<p>11</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Strength &amp; Stability</p>	<p>12</p> <p>8:30 Rise &amp; Stretch 10:00 Cardio &amp; Cognition 1:00 Cardio Drumming</p>	<p>13</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Strength &amp; Stability</p>	<p>14</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>17</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Cardio Drumming</p>	<p>18</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Strength &amp; Stability</p>	<p>19</p> <p>8:30 Rise &amp; Stretch 10:00 Cardio &amp; Cognition 12:30 Cardio Drumming</p>	<p>20</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Strength &amp; Stability</p>	<p>21</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>24</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Cardio Drumming</p>	<p>25</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Strength &amp; Stability</p>	<p>26</p> <p>8:30 Rise &amp; Stretch 10:00 Cardio &amp; Cognition 1:00 Cardio Drumming</p>	<p>27</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Strength &amp; Stability</p>	<p>28</p> <p>8:30 Rise &amp; Stretch 10:00 Chair Yoga 1:00 Guided Relaxation</p>
<p>31</p> <p>8:30 Rise &amp; Stretch 10:00 Stretch &amp; Balance 1:00 Cardio Drumming</p>				

## Class descriptions:

### **Cardio Drumming**

Using a chair and pool noodles, we will drum along to upbeat music to help improve heart health, reduce stress, and exercise our brain cells. Can be done seated or standing.

### **Strength & Balance**

This class focuses on overall functional movements to increase physical strength, balance, and mobility for daily living through weight-bearing and resistance exercises—most exercises can be modified to seated, and a chair is available to help with standing/balance exercises. **Beginners welcome.**

### **Rise & Stretch**

Seated stretching class to start your morning.

### **Cardio & Cognition**

Seated full-body aerobic workout with cognitive challenges to engage your brain! This class will help you improve your coordination and ability to multitask while burning calories and getting your heart pumping.

### **Strength & Stability**

Reduce your risk of falls by performing exercises using hand and ankle weights to improve strength, balance, joint range of motion, and mobility. Seated and standing.

### **Chair Yoga**

This class is designed to increase flexibility, balance, and range of motion. In addition to the seated stretches and standing poses, we will also practice breathing and relaxation exercises to reduce stress.

### **Guided Relaxations**

A class designed to help you relax the body and mind for better sleep, better pain management, decreased anxiety, and improved mood.