



Winter 2024/2025 | December-February Grand Arbor Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15				Indoor cycling Alice	
6:30		HydroRider Alice (30 min)			
7:30	Aqua fit Lori		Aqua fit Lori		Aqua fit Allen
8:00		Aqua fit Lori		Aqua fit Lori	
8:30	Total knee/hip Alice		Total knee/hip Alice		Total knee/hip Alice
9:15	Graduate total knee/hip Alice		Graduate total knee/hip Alice		Graduate total knee/hip Alice
9:00	Active aging (30 min) Lori	Classic Lori	Active aging (30 min) Lori	Classic Lori	Active aging (30 min) Tammy
10:00	Total knee/hip Alice		Total knee/hip Alice		Classic Tammy
					Total knee/hip Alice
10:00	Rock steady boxing Lori/Allen <i>(assessment required)</i>		Rock steady boxing Lori <i>(assessment required)</i>		Rock steady boxing Lori/Allen <i>(assessment required)</i>
11:00	Neuro fit (1) Lori	Gentle waves Tammy	Neuro fit (1) Tammy	Gentle waves Tammy	Neuro fit (1) Lori
12:00					
12:30	Active aging Tammy (30 min)	Balance Tammy/Allen (30 min)	Active aging Lori (30 min)	Balance Tammy (30 min)	Active aging Lori (30 min)
1:00		Neuro fit (2) Lori		Neuro fit (2) Tammy	Saturday 1-4 Family swim Residents & employees only
3:00			Working with weights Allen		
3:30	HydroRider Alice (30 min)				
4:15		Whole body conditioning Lori		Whole body conditioning Tammy	

Blue = Aqua Classes

*All classes require pre-registration. Walk-ins will only be allowed into the class if capacity numbers haven't been met.

Wellness Center Hours: 5:00 am – 10:00 pm daily | Grand Arbor: 320.759.4613

Class descriptions:

Active Aging: Designed for individuals who are physically independent and can move throughout the classroom without an assistive device. This class helps to improve functional upper and lower body strength, weight-bearing endurance, strength for balance and gait mobility.

Aqua Fit: Improve your agility, flexibility, and cardiovascular endurance with no swimming ability required. A variety of aquatic resistance tools are used to develop strength, balance, and coordination.

Balance: Focuses on strength and flexibility for balance. Participants must be able to move around the classroom without an assistive device.

Classic: This choreographed class will have a variety of exercises designed to increase muscular strength, range of movement and coordination. Hand-held weights, elastic tubing with handles, and a ball are used for resistance and a chair is used for seating and/or support.

Gentle Waves: This program incorporates the buoyancy of our warm water pool to a safe and ideal environment for relieving arthritis pain and stiffness. These gentle movements increase joint flexibility and range of motion, while building stronger muscles and overall stamina.

Graduate Total Knee & Hip Aqua Class: The primary focus is on enhancing and improving flexibility, range of motion and strength to continue through your progressive and personalized journey.

HydroRider: This 30-minute class provides a user-friendly, water cycling class that's perfect for any skill level. Buoyancy provides support for your joints and your resistance level is based on your own effort. It's a full-body cardio workout that provides a unique biking experience for the beginner to the veteran athlete.

Indoor Cycling: A high-intensity class that will improve your cardiovascular fitness and challenge your heart rate. Pedal through hill climbs, sprints, and many other cycling drills. Remember to bring a towel and water bottle!

Neurofit: Designed for participants with neurological disorders to move through a series of exercises with resistance, strength, and cardio. Note: assessment is required to participate

Rock Steady Boxing: Enables people with Parkinson's disease to fight their disease with a non-contact boxing-style program. Note: assessment is required to participate

Total Knee & Hip Aqua Class: Whether you are trying to increase strength and flexibility in preparation for your scheduled knee or hip surgery or after your total knee or hip replacement, continue your road to recovery and wellness. Once physical therapy has ended, join us for a fun class that includes strength, flexibility, range of motion, balance and is physical therapy principle based in our warm water pool. Note: this class is specifically for those who have total joint surgery scheduled and/or are post-surgery.

Working with Weights: This moderate intensity class will use fundamental skills of weight training for personal fitness. We will work large and small muscles groups with focus on abdominal, bicep, triceps, back, quadriceps and hamstrings.

Whole Body Conditioning: This class is of moderate intensity and will primarily take place in shallow water. A fun, complete workout using a variety of resistance tools to enhance cardio and strength.