

Franke at Seaside Wellness Center Schedule

LAND CLASSES:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00a	Cardio Blast 60 minutes	Power Walking 45 minutes	Cardio Blast 60 minutes	Power Walking 45 minutes	Cardio Circuit 60 minutes
9:00a	Supervised Exercise 9am – 10 am	Forever Fit 45 minutes	Supervised Exercise 9am – 10am	Forever Fit 45 minutes	Supervised Exercise 9am- 12pm
10:00a	Forever Fit 45 minutes		Forever Fit 45 minutes		
11:00a			Move and Groove 30 minutes		
11:30a				Advanced Tai Chi 45 minutes	
1:00p	Introduction -Tai Chi 45 minutes		Intermediate Tai Chi 45 minutes		
1:30p		Chair Yoga- Stretch 30 minutes (Cove)			
2:00p		Supervised Exercise 2pm – 3 pm		Supervised Exercise 2 pm – 3 pm	
3:45p			Yoga (Cove) 60 minutes		

AQUATIC CLASSES:

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45a	Hydro Fit 45 minutes	Aqua Drills 60 minutes	Hydro Fit 45 minutes	Aqua Drills 60 minutes	Hydro Fit 45 minutes
10:00a	Water Works 45 minutes	Aqua Basics 45 minutes	Water Works 45 minutes	Aqua Basics 45 minutes	Water Works 45 minutes
2:30p	Water Works 45 minutes		Water Works 45 minutes		

All Levels
 Level 1
 Level 2
 Level 3

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CLASS DESCRIPTIONS

Land Classes:

Cardio Blast: This high energy class combines cardiovascular and strength exercises, as well as core work and stretching. **Level 3**

Cardio Circuit: This high intensity class includes cardiovascular, strength training and balance all in a circuit form; finishes with core work and stretching. **Level 3**

Chair Yoga-Stretch: Gentle stretching and breathing combined with seated Yoga poses. *Cove Fitness Center.* **Level 1**

Forever Fit: Chair based fitness using seated and standing moves to improve joint mobility, range of motion, and strength. **Levels 1-2**

Move and Groove: This class combines music with dance steps. **All Levels**

Introduction to Tai Chi: This class will focus on Part I of the 30 movement form. For beginners and those who need to refresh their skills. **Level 1**

Intermediate Tai Chi: This class is for those who have completed the 30 movement form and ready to add part 2 and 3. **Level 2**

Advanced Tai Chi: Advanced practice of the long and short forms with limited verbal cueing. Light hand weights and other props may be added. **Level 3**

Power Walking: Instructor led, group walk around campus or outings. Begin with warm-up exercises and end with cool down stretches. **Level 3**

Yoga: This class combines Hatha, Kundilini, Astanga and Raja Yogas to create a complete workout for all levels. *Cove Fitness Center.* **All Levels**

Aquatic Classes:

Aqua Basics: This class adheres to guidelines set forth by the National Arthritis Foundation. Focus is on joint mobility and range of motion. This class is designed for the novice person just getting in the pool or transitioning from physical therapy. **Level 1**

Aqua Drills: This high intensity class of advanced aquatic drills focuses on cardiovascular and strength training. **Level 3**

Hydro Fit: This is a traditional water aerobics class often taught to music. The focus is on strengthening and cardiovascular fitness. **Levels 2**

Water Works. This class focuses on joint mobility, strengthening, and stretching. **Level 2**

Additional Programs: Ask Wellness Staff for details

Supervised Aquatic Exercise Sessions: Staff provides assistance and/or supervision for aquatic exercise; ideal for those transitioning from aquatic therapy to independent exercise.

Supervised Exercise Sessions: Heart rate and blood pressure monitoring, personalized exercise prescriptions, assistance with machines, progress tracking, and supervision while exercising.

FallProof™: This class presents a multidimensional approach to improving balance and decreasing the risks for falls. 12 week program. ****These classes are offered intermittently throughout the year****