

# OZARK WELLNESS

## GROUP X CLASS SCHEDULE

|          | MONDAY                    | TUESDAY  | WEDNESDAY                 | THURSDAY   | FRIDAY                    |
|----------|---------------------------|--|---------------------------|--|---------------------------|
| 9:00 AM  | Silver Sneakers (CLASSIC) | Silver Sneakers (YOGA)                           | Silver Sneakers (CLASSIC) | Silver Sneakers (STABILITY)                      | Silver Sneakers (CLASSIC) |
| 10:00 AM | Silver Sneakers (CLASSIC) | Water Pump                                       | Silver Sneakers (CLASSIC) | Water Pump                                       | POUND (30 min)            |
| 11:00 AM |                           | Gentle Joints                                    |                           | Gentle Joints                                    |                           |
| 12:00 PM |                           | ACHI   |                           | ACHI   |                           |
| 5:00 PM  | Hydro mania (5:05)        |  | Hydro mania (5:05)        | SET  | YOGA                      |
| 5:30 PM  |                           |  |                           |  | POUND (45 min)            |
| 6:00 PM  |                           | BootCamp Challenge<br>Not Included In membership |                           | BootCamp Challenge<br>Not Included In membership |                           |

 = Group X Classes

 = Aqua Classes



BootCamp Challenge is not Included in membership. Scan here for more information.





# OZARK WELLNESS

## CLASS INFORMATION

### SILVER SNEAKERS CLASSIC

Designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. The class is designed for all skill levels and can be adapted for common chronic conditions.

### SILVER SNEAKERS YOGA

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and - final relaxation to promote reduced stress and mental clarity.

### SILVER SNEAKERS STABILITY

helps you get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

### POUND

This 30 or 45-minute electrifying full-body jam session inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, we combine cardio, strength training and plyometric – all to your favorite soundtracks.

### YOGA

Yoga is beneficial physically as well as mentally. Yoga increases flexibility, improves athletic performance, strengthens, and tones muscles and reduces stress. No experience required to take this class. All you need is yourself!

## Aqua Classes:

### Gentle Joints

Arthritis Level 1- gentle approach for those who are new to exercise, recovering from injury or physical challenges, limited motion, flexibility, or strength. This class will increase your aerobic capacity, strength & overall mobility. Improve your posture and balance, while motivating you to move!

### Hydromania

Intermediate to advanced cardio, enhance your workout with the use of buoyancy and resistance equipment, work through a series of interval exercises that raise your heart rate in the water. Great class to strengthen & tone.

### Water Pump

Fast paced, intensive cardio, use of weights & balls while in the water. High energy with focus on cardio and muscle endurance.

### ACHI

Gentle stretching, deep breathing and slow broad movements using concepts of yoga, Pilates & Tai Chi. Beneficial for individuals that may have fibromyalgia, pregnant, respiratory or arthritis. Great for all fitness levels.