

# OZARK WELLNESS



## GROUP X CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Silver Sneakers (CLASSIC)	Mobility Masters	Silver Sneakers (CLASSIC)	Mobility Masters	Silver Sneakers (CLASSIC)
10:00 AM	Silver Strength Training	Water Pump	Silver Strength Training	Water Pump	
11:00 AM		Gentle Joints	POUND (30 min)	Gentle Joints	
12:00 PM		Fluid Moves		Fluid Moves	
5:00 PM	YOGA	POUND Unplugged	Deal Your Fate	SET	POUND (45 min)
5:05 PM	AQUAFIT (5:05)		AQUAFIT (5:05)		
6:00 PM		BootCamp Challenge Not Included In membership		BootCamp Challenge Not Included In membership	

 = Group X Classes

 = Aqua Classes



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





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## 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.

### MOBILITY MASTERS

Tailored for or 50+ community, this class is designed to improve flexibility, joint health, and overall movement quality. We'll target key areas of the body to reduce stiffness and prevent injury and to move more freely in everyday life.

### SILVER STRENGTH TRAINING

build strength and confidence in Silver Strength Training! This class focuses on functional fitness in a safe, supportive environment. With light weights, resistance bands, and bodyweight exercises, you'll work on building strength and stamina to enhance your daily activities.

### 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.

### POUND UNPLUGGED

Cardio Jam Session is inspired by infectious, sweat dripping FUN of playing the drums. POUND Unplugged balances focused, high intensity moment with restorative stretches, rhythmic breathing and meditation.

### 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!

### Deal Your Fate (Workout Card Class)

Join us for a thrilling workout experience where every draw is a new challenge. In this class we'll shuffle up the deck of cards and fate determines your workout routine. No two workouts will ever be the same so lets get ready to push your limits, burn those calories and have some fun.

## 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!

### Aqua Fit

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.

### FLUID MOVES

Dive into a refreshing and invigorating workout with Fluid Moves! This water-based class combines low-impact cardio, strength exercises, and dynamic stretches to improve balance, flexibility, and overall fitness. The natural resistance of water supports your joints while providing a challenging workout that's easy on your body.