

**Charlestown Wellness Department  
Group Exercise Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Cycling</b> 7:30 – 8:00 <b>Cardio/Strength Conditioning 3</b> 8:00 – 8:45 Fitness Center	<b>Walking Club</b> 8:00 – 8:30	<b>Cycling</b> 7:30 – 8:00 <b>Cardio/Strength Conditioning 3</b> 8:00 – 8:45 Fitness Center		<b>Cycling</b> 7:30 – 8:00 <b>Weights</b> 8:00 – 8:45 Fitness Center	
<b>Morning Exercise Resident Run</b> 9:00 - 9:30 am Fitness Center	<b>Yoga</b> 8:45 – 9:35am Fitness Center	<b>Morning Exercise Resident Run</b> 9:00 - 9:30 am Fitness Center	<b>Yoga</b> 8:45 – 9:35 am Fitness Center	<b>Morning Exercise Resident Run</b> 8:55 - 9:25 am Fitness Center	
<b>Drumming</b> 10:00 – 10:30am All Levels <b>Cardio/Strength Conditioning 1</b> 10:30 – 11:00am Fitness Center <b>Men’s Water Class Resident Run</b> 10:00 – 10:45 am Pool	<b>Strength, Core &amp; Stretch</b> 9:30 – 10:00am Flex Gym <b>Cardio/Strength Conditioning 2</b> 10 – 10:45am Intermediate Fitness Center <b>Balance Class</b> Pre-registration required 10:15 – 11:00am Flex Gym	<b>Drumming</b> 10:00 – 10:30am All Levels <b>Cardio/Strength Conditioning 1</b> 10:30 – 11:00am Fitness Center	<b>Stretch &amp; Meditate</b> 9:30 – 10:00am Flex Gym <b>Cardio/Strength Conditioning 2</b> 10 – 10:45am Intermediate Fitness Center <b>Balance Class</b> Pre-registration required 10:15 – 11:00am Flex Gym	<b>Yin Yoga</b> 11:00 – 11:50am Fitness Center <b>Men’s Water Class Resident Run</b> 10:00 – 10:45 am Pool	<b>Tai Chi</b> 10 – 11:00 Fitness Center <b>Line Dancing</b> 12 – 2:00 Fitness Center
<b>Chair Yoga</b> 11:00 – 11:30 Flex Gym	<b>Water Arthritis</b> 10:00 – 11:00 am Pool		<b>Water Arthritis</b> 10:00 – 11:00 am Pool	<b>Zumba Ball</b> 9:30 – 10:15am Fitness Center	
		<b>Chair Yoga</b> *1:00 – 1:30pm Fitness Center		<b>Chair Yoga</b> *1:00 – 1:30pm Fitness Center	
<b>Gentle Yoga</b> 1:00 – 1:45 Fitness Center <b>Group Intermediate Strength Training (2)</b> 2:00 – 2:45pm Fitness Center	<b>Rock Steady Boxing for Parkinson’s</b> 2:00 – 3:00pm	<b>Group Intermediate Strength Training (2)</b> 2:00 – 2:45pm Fitness Center	<b>Gentle Yoga</b> 1:00 – 1:45pm Fitness Center <b>Rock Steady Boxing for Parkinson’s</b> 2:15 – 3:00pm		

**Fitness Center Fees for Classes - \$38 per month for all classes or \$10 per class.**

# Class Descriptions

**Balance Class (Registration required):** This class will assess and improve residents' balance to prevent falls. Participants will be educated about fall risk & safety measures. The class focuses on strength and flexibility along with balance exercises to improve proprioception & coordination. **Registration Required - \$50 for 5 weeks (2 times per week).**

**Cardio/Strength Conditioning (Advanced) 3:** A combination of exercises designed to improve and maintain upper & lower body strength, range of motion and flexibility by using light weights, dyna-bands/foam/ball.

**Cardio/Strength Conditioning (Intermediate) 2:** This class is a combination of low impact exercise styles that will challenge you with seated and standing positions. It is designed to improve and maintain upper/ lower body strength, range of motion, and flexibility by using weights, dyna-bands, and stability balls.

**Cardio/Strength (Beginner) 1:** A combination of low impact exercise styles with strength training and stretching. This class will challenge you in a seated position. It is designed to improve and maintain upper/ lower body strength, range of motion and flexibility by using light weights, dyna-bands, and light medicine balls and incorporates a strong focus on strength stretching.

**Cycle Class:** This class is designed to burn calories and keep your muscles in shape.

**Drumming** – A class for all levels, enjoy the fun of drumming along with the beat of the music.

**Yoga:** This intermediate to advanced yoga class provides improved mental health, flexibility, balance, strength, stress relief, and overall well-being. Linking breath with movement, each class is designed to build strength, flexibility, and to build a stronger mind – body connection within each student. Essential oils are diffused in each yoga class. **\*Yin Yoga:** Only on Friday. This will be at a slower pace.

**Chair Yoga:** This class is a gentle practice in which postures are performed while seated and/ or with the aid of a chair.

**Gentle Yoga:** This is designed for all levels who can get down to the ground and get back up with the use of props.

**Group Intermediate Strength Training (2):** This class is designed around timed intervals, allowing each resident to move at their own pace while still being challenged. The focus is on listening to your body, working through each interval based on how you're feeling that day, and building strength, endurance, and confidence in a supportive environment. Modifications and progressions are encouraged.

**Rock Steady Boxing for Parkinson's** - A motivating class that focuses on cardio, strength/ flexibility. Level 1 and 2 exercises are performed in a standing position. Level 3, all exercises are done while sitting in a chair. Pre-registration and assessment are required for all residents with Parkinson's before starting this class.

**Stretch and Meditate** - While you stretch, focus on mindfulness and meditation exercises.

**Strength, Core and Stretch** – This class focuses on Strength and Core exercises to improve your balance with mindfulness techniques and stretching at the end of class.

**Tai Chi Class:** Beginner and Intermediate to Advanced levels offered. An exercise in movement, awareness and body control.

**Water Arthritis:** Enjoy the benefits of Water Arthritis, Balance and Walking exercises. This class will improve your overall health, strengthen your bones, tone muscles, and improve cardiovascular function and best of all, "New Friendships can be made".

**Men's Water Exercise Class** – A non-impact aerobic conditioning class designed for men to improve endurance, strength, and body tone.

**Zumba Ball** – This class will improve your cardiovascular, balance, strength, posture and flexibility.