

**June - August 2024  
Group Movement Class Schedule**



ENGAGE WELLNESS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:15am Stretching</b>				
<b>9:00am Totally Engaged</b>	<b>9:00am Yoga</b>	<b>9:00am Totally Engaged</b>	<b>9:00am Yoga</b>	
<b>10:00am Low Impact Aerobics</b>	<b>10:00am Circuit</b>	<b>10:00am Low Impact Aerobics</b>	<b>10:00am Circuit</b>	
<b>11:00am Cardio Blast</b>		<b>11:00am Cardio Blast</b>		
	<b>11:00am Tai Chi</b>	<b>11:00am Stretching</b>	<b>11:00am Cardio Blast</b>	

***Classes are ongoing, no registration required. LIVE virtual classes will NOT be held during this time period. Please reference previously recorded classes for virtual members.***

**CARDIO BLAST** – A cardio, interval-based class on the fitness floor. You choose the cardio machine follow a speed or resistance-based workout. (30 minute class)

**CIRCUIT** – This class rotates through several stations of strength and cardio exercises. Each exercise is performed for a certain amount of time or number of repetitions. This is a fast moving class but has intensity options for ALL fitness levels. (45 minute class)

**LOW IMPACT AEROBICS** – This class follows the tempo of the music, but participants are encouraged to move at their own pace. It incorporates various step patterns, kickboxing moves, & gets the heart rate up! (45 minute class)

**STRETCHING** – With a focus on mind-body awareness this class incorporates slow & rhythmic movements to stretch all major muscle groups. (30 minute class)

**TAI CHI** – This class focuses on slow-flowing movements, weight shifts, balance, and follows the tai chi 8-forms. Class can be done standing or seated in a chair. (30 minute class)

**TOTALLY ENGAGED** – Whole-body workout that incorporates all areas of fitness: cardio, strength, balance and flexibility. Intensity options for ALL fitness levels. (45 minute class)

**YOGA** – Simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. (45 minute class)

**VIRTUAL CLASSES** – LIVE virtual classes will not be offered during this time period. Previously recorded classes will continue to be available via the private Facebook group.

# Pickleball Open Court Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 8:00am	7:00 – 8:30am	7:00 – 8:00am	7:00 – 8:30am	7:00 – 4:00pm
12:00 – 6:00pm	12:00 – 6:00pm	12:00 – 6:00pm	12:00 – 6:00pm	

Pickleball is a fun, engaging sport that combines different aspects of tennis, badminton, and ping-pong. It is played on a shorter court with lightweight paddles that 2 or 4 players of any age or ability can enjoy. Players will rotate out if there are more than 4. Equipment is provided.

This open court schedule reflects times when Engage Wellness members can meet up to play. **The schedule is subject to change.** Special events that affect the Pickleball schedule will be posted.