

## Group Movement Class Schedule



Monday	Tuesday	Wednesday		Thursday	Friday
8:15am Stretching		8:15am Stretching			
9:00am Totally Engaged	9:00am Yoga	9:00am Chair Fitness	9:00am *Line Dancing	9:00am Yoga	
10:00am Beginner Pickleball	10:00am Circuit	10:00am Totally Engaged		10:00am Circuit	
10:00am Cardio Blast		10:00am Cardio Blast			
11:00am Line Dancing		11:00am Low Impact Aerobics			
12:00 Stretching		12:00 Stretching			

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

**CHAIR ONE FITNESS** – New instructor Tamika is ready to bring the energy to Engage with her Chair One Fitness classes on the second and fourth Wednesdays of the month. This class is made for all levels of fitness. Get ready for an uplifting, total body workout. (45 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)

**LINE DANCING** – ideal for those who love to move to music! It incorporates easy-to-follow line dances & routines. Dancing can help improve coordination & act as a great cardiovascular workout! (45 minute class)  
\*On the Wednesdays when there isn't Chair One Fitness, we will have Line Dancing instead!

**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)

**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)

**FYI about Tai Chi:** Engage Wellness is pursuing grant funding from the state of Nebraska's DHHS, to offer Tai Chi classes for Engage & community members. More information to come.

## 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 – 10:00am
10:00 – 11:00am Beginner Pickleball			11:00 – 11:45am	
	11:00 – 12:15pm			
2:30 – 4:30pm	2:30 – 4:30pm	2:30 – 4:30pm	1:30 – 4:30pm	2:00 – 4:00pm

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.

**BEGINNER PICKLEBALL** – Court time available for beginners to practice serving, volleying, dinking, rule review, etc.

**OPEN PLAY** – This schedule reflects open court times when Engage Wellness members can meet up to play Pickleball together. ***The schedule is subject to change!*** Special events that affect the Pickleball schedule will be announced/posted in advance.