

2025 Group Movement Class Schedule



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

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

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 minutes)

LINE DANCING – Ideal for those who love to move to music! This class incorporates easy-to-follow line dances & routines. Dancing can help improve coordination and act as a great cardiovascular workout! (45 minutes)

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, and gets the heart rate up! (45 minutes)

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

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

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

FYI about Tai Chi: Engage Wellness received grant funding from the state of Nebraska's DHHS, to offer Tai Chi classes for Engage & community members. Instructor training is under way!

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

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.