

# Fitness Schedule

effective 4/4/22

# Wellness

- at -  
Landis  
Homes



Mon	Tue	Wed	Thu	Fri	
<b>Functional Fit</b> 8:00-8:45am WS	<b>Walking</b> 8:00-8:30am CG	<b>Functional Fit</b> 8:00-8:45am WS	<b>Walking</b> 8:00-8:30am CG	<b>Functional Fit</b> 8:00-8:45am WS	<b>Class Intensity:</b> <b>Low</b> <b>Moderate</b> <b>High</b>
<b>Power Circuit</b> 9:00-9:45am WS	<b>Cycling</b> 9:00-9:30am CG	<b>Mat Mania</b> 9:00-9:45am WS	<b>Cycling</b> 9:00-9:30am CG	<b>Power Circuit</b> 9:00-9:45am WS	
	<b>Balance 2</b> 9:00-9:45am WS	<b>Line Dancing</b> 10:00am-12:00pm WS	<b>Balance 2</b> 9:00-9:45am WS		<b>Locations:</b> WS: Wellness Studio CG: Crossings Green
<b>Neuro Flex</b> 2:30-3:00pm WS	<b>Balance 1</b> 2:30-3:00pm WS	<b>Neuro Flex</b> 2:30-3:00pm WS	<b>Balance 1</b> 2:30-3:00pm WS	<b>Neuro Flex</b> 2:30-3:00pm WS	

Wellness Office: call x3084 or email [wellness@landis.org](mailto:wellness@landis.org)

## Class Descriptions

**Balance 1** – This class focuses on improving strength and posture, while also challenging your balance in a safe and friendly environment. Balance bars will be used to provide stability and support as you work to improve both balance and mobility.

**Balance 2** – Balance 2 aims to improve balance in individuals who are looking to maintain and challenge their coordination and stability. Participants will utilize the balance bars but also go through exercises independently.

\*Residents can only attend this class if referred by a Wellness Team Member.

**Country Line Dance** – This version of line dancing is a low-key dance to music in which dancers follow a choreographed pattern of steps as a group. This activity helps improve balance, coordination, endurance, concentration, and memory. We don't take ourselves too seriously which makes for a fun time. If you like moving in step to music, come check it out. You can come to the beginner's class to start learning the steps. No partner needed.

**Functional Fit** – This class is for the individual who has never exercised before or for the dedicated soul who exercises daily. Learn ways to increase flexibility and strength in your whole body to enhance daily functional activities. This class also incorporates exciting ways to work on balance and posture.

**Mat Mania** – This challenging class will combine core, strength, and stretch all in one 45-minute mat-based class. Keep your body balanced and aligned with a total body workout on the floor!

**NeuroFlex** – A unique, progressive wellness program, NeuroFlex is designed to improve or manage the physical symptoms, secondary injuries, and medical conditions that are associated with neurological disorders or anyone who desires a low-intensity exercise routine.

**Power Circuit** – This class is for individuals looking to challenge their fitness level in a group exercise setting. Power circuit utilizes HIIT (High intensity interval training) techniques to help improve both strength, power, and cardiovascular ability. Class is an encouraging and upbeat environment where you can go at your own pace and strive to meet your personal goals.

**Walking** - Join the wellness team for a 30 minute walk on the Landis Homes walking paths. No one will be left behind in this group as we explore our beautiful campus together.

**Cycling** - Join the wellness team for a 30 bike ride around Landis Homes roads! No one will be left behind in this group and the route will be contained to the Landis Homes campus only.