

Land Class Schedule **Sept 4 - Nov 18 2017**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	Fit Rm Supervision FC Fitness Room 8:00-8:45AM	Fit Rm Supervision FC Fitness Room 8:00-8:45AM	Fit Rm Supervision FC Fitness Room 8:00-8:45AM	Fit Rm Supervision FC Fitness Room 8:00-8:45AM	Fit Rm Supervision FC Fitness Room 8:00-8:45AM	
8:30AM		Holy Walkamolies Welcome Center 8:00-8:45AM Bekah	"Bocce" FC Great Room 8:30-10:00AM Neil			"Beginner Qigong" FC Aerobics Room 8:30-9:00AM Jim Martin
9:00AM	"Osteoblasters" FC Aerobics Rm 9:00-9:45AM Sandy "Balance Class" TC Aerobics Rm 9:00-9:45AM Bekah		"Osteoblasters" FC Aerobics Rm 9:00-9:45AM Bekah "Chairobics" TC Aerobics Rm 9:00-9:45AM Sandy		"Osteoblasters" FC Aerobics Rm 9:00-9:45AM Sandy "Balance Class" TC Aerobics Rm 9:00-9:45AM Bekah	"Qigong" FC Aerobics Room 9:00-10:00AM Jim Martin
9:45AM	Strength & Stretch TC Aerobics Rm 9:45-10:15AM Bekah		Strength & Balance TC Aerobics Rm 9:45-10:15AM Sandy		Strength & Stretch TC Aerobics Rm 9:45-10:15AM Bekah	
10:00AM		Fit Rm Supervision TC Fitness Room 10:00-11:00AM				
10:30AM	Fit Rm Supervision FC Fitness Room 10:30-11:30AM		Fit Rm Supervision FC Fitness Room 10:30-11:30AM		Fit Rm Supervision FC Fitness Room 10:30-11:30AM	
1:00PM	Fit Rm Supervision TC Fitness Room 1:00-2:45PM	Strength & Balance FC Aerobics Room 1:00-1:30PM Sandy	Fit Rm Supervision TC Fitness Room 1:00-2:45PM	Fit Rm Supervision TC Fitness Room 1:00-2:45PM	Strength & Balance FC Aerobics Room 1:00-1:30PM Beth	
2:00PM		Chairobics FC Aerobics Room 2:00-2:45PM Sandy	"Sit Stand Move" TC Aerobics Room 1:00-1:45PM Sandy		Chairobics FC Aerobics Room 2:00-2:45PM Beth	Phone Numbers <i>FC: 717-581-4252</i> <i>TC: 717-581-4421</i>
3:00PM	Fit Rm Supervision FC Fitness Room 3:00-4:00PM	Body Balance 2 FC Aerobics Room 3:00-3:45PM Bekah	Fit Rm Supervision FC Fitness Room 3:00-4:00PM	Body Balance 2 FC Aerobics Room 3:00-3:45PM Sandy	Fit Rm Supervision FC Fitness Room 3:00-4:00PM	
4:00PM		Stretch/Reach/Relax FC Aerobics Room 4:00-4:30PM Bekah		Stretch/Reach/Relax FC Aerobics Room 4:00-4:30PM Sandy		

Land Fitness Class Descriptions

Osteoblasters is based upon the Penn State Strong Women Program. The purpose of this program is to improve health and wellness through strength training and education. This class is a progressive class, meaning we will increase repetitions and weights.

Balance class utilizes standing, static exercises with coordination and balance moves

Body Balance 2 is designed to have residents practice advanced balancing techniques in order to maintain or improve their existing balancing ability.

Strength and Balance features exercises using hand weights to improve muscular strength along with coordination and balance moves

Strength and Stretch uses hand weights to build strength and stretching to increase flexibility and range of motion

Chairobics is a seated class designed to have fun while moving to music with a variety of exercises to improve muscular strength, increase range of motion, and improve your ability to accomplish activities of daily living. Hand held weights, therabands, balls, and sticks are used throughout this class.

Stretch/Reach/Relax is a seated class that concentrates on breathing and stretching to improve flexibility and range of motion with an atmosphere conducive to relaxation

Beginner Qigong and Qigong classes are based off a Chinese system of breathing exercises, body postures and movements, and mental concentration intended to maintain good health and control the flow of energy

Sit Stand Move will move your whole body through a series of seated and standing exercises. The workout includes easy to follow, low impact movements. It is designed to improve your flexibility, balance, and range of motion.

Holy Walkamolies is a walking group that meets once a week at the Welcome Center to take a walk around campus. All ability levels are welcome.