

## Field Crest Class Schedule Jan 2 - Mar 17 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00AM</b>	Supervision Fitness Room 8:00-8:45AM		Supervision Fitness Room 8:00-8:45AM		Supervision Fitness Room 8:00-8:45AM	
<b>8:30AM</b>			"Bocce" FC Great Room 8:30-10:00AM Neil			
<b>9:00AM</b>	"Osteoblasters" Aerobics Rm 9:00-9:45AM Sandy	Land Aerobics Aerobics Rm 9:00-9:45AM Bekah	"Osteoblasters" Aerobics Rm 9:00-9:45AM Bekah	Indoor Walkamolies Aerobics Rm 9:00-9:45AM Sandy	"Osteoblasters" Aerobics Rm 9:00-9:45AM Sandy	"Qigong Class #2" Aerobics Room 9:30-10:20AM Jim Martin
<b>9:45AM</b>						
<b>10:00AM</b>	PWR Class Aerobics Rm 10:00-10:45AM Sandy			Senior Games Practice Great Room 10:00-11:00AM	PWR Class Aerobics Rm 10:00-10:45AM Sandy	
<b>10:30AM</b>	Supervision Fitness Room 10:30-11:30AM		Supervision Fitness Room 10:30-11:30AM		Supervision Fitness Room 10:30-11:30AM	
<b>1:00PM</b>		Strength & Balance Aerobics Room 1:00-1:30PM Sandy			Strength & Balance Aerobics Room 1:00-1:30PM Bekah	
<b>2:00PM</b>		Chairobics Aerobics Room 2:00-2:45PM Sandy	Mat Yoga 2:30-3:30PM Aerobics Rm Vicky		Chairobics Aerobics Room 2:00-2:45PM Bekah	<b>Phone Numbers</b> <i>FC: 717-581-4252</i> <i>TC: 717-581-4421</i>
<b>3:00PM</b>	Supervision Fitness Room 3:00-4:00PM	Body Balance 2 Aerobics Room 3:00-3:45PM Bekah	Supervision Fitness Room 3:00-4:00PM	Body Balance 2 Aerobics Room 3:00-3:45PM Sandy	Supervision Fitness Room 3:00-4:00PM	
<b>4:00PM</b>		Stretch/Reach/Relax Aerobics Room 4:00-4:30PM Bekah		Stretch/Reach/Relax Aerobics Room 4:00-4:30PM Sandy		

## Land Fitness Class Descriptions

**Stretch/Reach/Relax - Intensity Level 1** - Is a seated class that concentrates on breathing and stretching to improve flexibility and range of motion with an atmosphere conducive to relaxation

**Qigong - Intensity Level 1** - 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

**Mat Yoga - Intensity Level 1** - Is for those wanting the challenge of practicing on a mat, on the floor. Participants will need a yoga mat, a yoga block and a yoga strap. Yoga offers stress reduction, increases strength and flexibility, improves balance and mental sharpness.

**Body Balance 2 - Intensity Level 2** - Is designed to have residents practice advanced balancing techniques in order to maintain or improve their existing balancing ability.

**Strength and Balance - Intensity Level 2** - Features exercises using hand weights to improve muscular strength along with coordination and balance moves

**Chairobics - Intensity Level 3** - 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.

**Osteoblasters - Intensity Level 3** - 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.

**PWR!MOVES - Intensity Level 3** - Parkinson Wellness Recovery Program will focus on Parkinson / Stroke Recovery - specific skill acquisition through the repetitive practice of the basic 4 / PWR!MOVES (up/rock/twist/step). Preregistration is required for this class. Please contact Sandra Sites at 717-581-4252.

**Indoor Walkamolies - Intensity Level 5** - Is a high energy walking class that meets in the FC Aerobics Room. Instructor guides participants in different types of walking routines in the class room. We will utilize halls, ramps, and stairs throughout the FC complex in order to maximize the amount of steps per class.

**Land Aerobics - Intensity Level 5** - This higher intensity class will combine aerobic exercise with strength training for an over all workout using all muscles groups. Participants will use a variety of equipment throughout the class as well as performing moves using only body weight.

INTENSITY LEVEL SCALE				
1	2	3	4	5
Very Light	Light	Moderate	Intermediate	Maximum