



## Fieldcrest - WINTER Schedule - January 2 - March 16, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Supervision Fitness Room 8:00 - 8:45AM	Holy Walkamolies Welcome Center 8:00 - 8:45AM	Supervision Fitness Room 8:00 - 8:45AM		Supervision Fitness Room 8:00 - 8:45AM	
Osteoblasters Aerobics Room 8:00 - 8:45AM Beth		Bocce FC Great Room 8:30 -10:00AM		Osteoblasters Aerobics Room 8:00 - 8:45AM Sandy	Qigong Class #1 Aerobics Room 8:30 - 9:20AM Jim Martin
Osteoblasters Aerobics Room 9:00 - 9:45AM Sandy	Land Aerobics Aerobics Room 9:00-9:45AM Chad	Osteoblasters Aerobics Room 9:00-9:45AM Bekah	Land Aerobics Aerobics Room 9:00-9:45AM Chad	Osteoblasters Aerobics Room 9:00-9:45AM Bekah	Qigong Class #2 Aerobics Room 9:30 -10:20AM Jim Martin
PWR Class Aerobics Room 10:00 - 10:45AM Sandy				PWR Class Aerobics Room 10:00-10:45AM Sandy	
Supervision Fitness Room 10:30 - 11:30AM		Supervision Fitness Room 10:30 - 11:30AM		Supervision Fitness Room 10:30 - 11:30AM	
Chair Yoga Aerobics Room 11:00A - 12:00P Vicky					
	Strength & Balance Aerobics Room 1:00 -1:30PM Bekah			Strength & Balance Aerobics Room 1:00 -1:30PM Beth	
	Chairobics Aerobics Room 2:00 - 2:45PM Bekah	Mat Yoga Aerobics Room 2:30 - 3:30PM Vicky		Chairobics Aerobics Room 2:00 - 2:45PM Beth	<u>Phone Numbers</u>
Supervision Fitness Room 3:00 - 4:00PM	Body Balance 2 Aerobics Room 3:00 - 3:45PM Chad	Supervision Fitness Room 3:00 - 4:00PM	Body Balance 2 Aerobics Room 3:00 - 3:45PM Chad	Supervision Fitness Room 3:00 - 4:00PM	Fieldcrest: 717-581-4252
	Stretch/Reach/Relax Aerobics Room 4:00 - 4:30PM Chad		Stretch/Reach/Relax Aerobics Room 4:00 - 4:30PM Chad		Terrace Crossing: 717-581-4421

# Class Descriptions

**Body Balance 2 - Intensity Level 2** - Designed to have residents practice **advanced balancing techniques** in order to maintain or improve their existing balancing ability. Obstacle equipment will be used to challenge residents, balance abilities

**Chair Yoga - Intensity Level 1** - A gentle form of yoga that is practiced seated or standing using a chair for support. Yoga helps improve balance and mental sharpness, increases strength and flexibility and offers stress reduction. Pre-registration is required for this class - call 717-581-4252.

**Chairobics - Intensity Level 3** - 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.

**Holy Walkamolies** - A walking group that meets once a week at the Welcome Center to take a walk around campus. All ability levels are welcome and you can walk at your own pace.

**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.

**Mat Yoga - Intensity Level 1** - 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.

**Osteoblasters - Intensity Level 3** - 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. Pre-registration is required for this class - call 717-581-4252.

**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.

**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.

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

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

INTENSITY LEVEL SCALE				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Very Light</b>	<b>Light</b>	<b>Moderate</b>	<b>Intermediate</b>	<b>Maximum</b>