



## Terrace Crossing - WINTER Schedule January 2 - March 16, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Holy Walkamolies</b> <b>Welcome Center</b> 8:00 - 8:45AM			
<b>Balance Class</b> <b>Aerobics Room</b> 9:00 - 9:45AM Bekah		<b>Chair Yoga</b> <b>Fellowship Hall</b> 9:00 - 10:00AM Vicky		<b>Balance Class</b> <b>Aerobics Room</b> 9:00 - 9:45AM Beth
<b>Strength &amp; Stretch</b> <b>Aerobics Room</b> 9:45 - 10:15AM Bekah	<b>Supervision</b> <b>Fitness Room</b> 10:00 - 11:30AM			<b>Strength &amp; Stretch</b> <b>Aerobics Room</b> 9:45 - 10:15AM Beth
		<b>Chair Yoga</b> <b>Aerobics Room</b> 11:00 - 12:00PM Vicky		
<b>Supervision</b> <b>Fitness Room</b> 1:00 - 2:45PM		<b>Chair Yoga</b> <b>Fellowship Hall</b> 1:00 - 2:00PM Vicky	<b>Supervision</b> <b>Fitness Room</b> 1:00 - 2:45PM	<u><b>Phone Numbers</b></u> <i>Terrace Crossing: 717-581-4421</i> <i>Fieldcrest: 717-581-4252</i>
		<b>Supervision</b> <b>Fitness Room</b> 1:00 - 2:45PM		

# Class Descriptions

**Balance Class - Intensity Level 2** - Utilizes standing, static exercises with coordination and balance moves.

**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

**Strength and Stretch - Intensity Level 2** - Uses hand weights to build strength and stretching to increase flexibility and range of motion.

**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.

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