



**Terrace Crossing
 SPRING Schedule
 May 13 - June 8, 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Holy Walkamolies Welcome Center 8:00 - 8:45AM			
Better Balance Aerobics Room 9:00 - 10:00AM Bekah		Chair Yoga Fellowship Hall 9:00 - 10:00AM Vicky		Better Balance Aerobics Room 9:00 - 10:00AM Chad
	Supervision Fitness Room 10:00 - 11:30AM Bekah			
Supervision Fitness Room 1:00 - 2:45PM Bekah		Chair Yoga Fellowship Hall 1:00 - 2:00PM Vicky	Supervision Fitness Room 1:00 - 2:45PM Chad	<u>Phone Numbers</u> <i>Terrace Crossing: 717-581-4421 Fieldcrest: 717-581-4252</i>
		Supervision Fitness Room 1:00 - 2:45PM Bekah		

Class Descriptions

Better Balance Class - Intensity Level 2 - Utilizes standing, static exercises with coordination and balance moves. Also integrates hand weights to build strength and stretching to increase flexibility and range of motion.

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

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