



Wellness Activities & Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Osteoblasters Fieldcrest Aerobics Room 9:00 - 9:45AM Sandy	Holy Walkamolies Welcome Center 8:00AM	Bocce Fieldcrest Great Room 8:30 - 10:00AM	Land Aerobics Fieldcrest Aerobics Room 9:00-9:45AM Chad	Osteoblasters Fieldcrest Aerobics Room 9:00 - 9:45AM Bekah	Qigong Class #1 Fieldcrest Aerobics Room 8:30 - 9:20AM Jim Martin
Better Balance Terrace Crossing Aerobics Room 9:00 - 10:00AM Bekah	Land Aerobics Fieldcrest Aerobics Room 9:00 - 9:45AM Chad	Osteoblasters Fieldcrest Aerobics Room 9:00 - 9:45AM Sandy	Cornhole Fieldcrest Great Room 9:00 - 11:00AM	Better Balance Terrace Crossing Aerobics Room 9:00 - 10:00AM Sandy	Qigong Class #2 Fieldcrest Aerobics Room 9:30 - 10:20AM Jim Martin
Fitness Room Supervision Fieldcrest 10:30 - 11:30AM Bekah	Fitness Room Supervision Terrace Crossing 10:00 - 11:30AM Bekah	Chair Yoga Fellowship Hall 9:00 - 10:00AM Vicky	Fitness Room Supervision Terrace Crossing 1:00 - 2:45PM Chad	Shuffleboard & Ping Pong Fieldcrest Great Rm 9:00-11:00AM	
Chair Yoga Fieldcrest Aerobics Room 11:00A - 12:00P Vicky	Chairobics Fieldcrest Aerobics Room 2:00 - 2:45PM Bekah	Fitness Room Supervision Fieldcrest 10:30 - 11:30AM Bekah	Ladies Only Billiards Fieldcrest Billiards Room 2:00 - 3:30PM	Fitness Room Supervision Fieldcrest 10:00 - 11:30AM Bekah	
Chair Yoga Fieldcrest Aerobics Room 1:00P - 2:00P Vicky	Better Balance Fieldcrest Aerobics Room 3:00 - 3:45PM Bekah	Chair Yoga Fieldcrest Aerobics Room 11:00A - 12:00P Vicky	Better Balance Fieldcrest Aerobics Room 3:00 - 3:45PM Chad	Chair Yoga* Terrace Crossing Aerobics Room 1:30P - 2:30P Vicky	<u>Wellness Phone Numbers</u> Fieldcrest: 717-581-4252 Terrace Crossing: 717-581-4421 Pool: 717-581-4295 Wellness Activities: 717-581-4297 Director of Wellness: 717-581-4235
Fitness Room Supervision Terrace Crossing 1:00 - 2:45PM Bekah	Stretch/Reach/Relax Fieldcrest Aerobics Room 4:00 - 4:30PM Bekah	Chair Yoga Fellowship Hall 1:00 - 2:00PM Vicky	Stretch/Reach/Relax Fieldcrest Aerobics Room 4:00 - 4:30PM Chad	Chairobics Fieldcrest Aerobics Room 2:00 - 2:45PM Sandy	
Fitness Room Supervision Fieldcrest 3:00 - 4:00PM Bekah		Fitness Room Supervision Terrace Crossing 1:00 - 2:45PM Bekah	BV Biker Club Putting Green 6:00PM		
		Mat Yoga Fieldcrest Aerobics Room 2:30 - 3:30PM Vicky			
		Fitness Room Supervision Fieldcrest 3:00 - 4:00PM Bekah			

Better Balance - 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.

Bocce - A weekly drop in Intramural game.

BV Biker Club - A group of residents that get together weekly to Bicycle on and off campus. Please contact resident Bob Thomas, 717-581-4133 for more information.

Chairobics - 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.

Chair Yoga - 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. *Indicates a paid by Resident class*

Cornhole - A weekly drop in Intramural game.

Fitness Room Supervision - This is a supervised time in the Fitness Center for anyone that wants to workout when there is a Team Member present or does not meet the requirements to use the equipment alone. Please call 717-581-4252 to be scheduled into a Supervision.

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 - 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.

Ladies Only Billiards - Join other lady residents as you'll receive information about Billiards, learn some of the guidelines, and have fun playing the game. All levels of experience welcome.

Mat Yoga - 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 - 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. Doors will open 15 prior to start of class.

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.

Shuffleboard - A weekly drop in Intramural game.

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