

Sagewell Health & Fitness Group Exercise Class Schedule

Class Descriptions

Balance & Flexibility: You know that balance and flexibility are important parts of a well-rounded fitness program! This class focuses on developing and enhancing balance and improving muscle length and mobility. Good for all levels.

Barre: A workout technique inspired by elements of yoga, and Pilates with a foundation of ballet principles. Barre classes focus on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes, and abdominals. Good for all levels.

Cardio & Core: Cardio focused, easy to follow moves, train all aspects of your core to move your fitness level. Intermediate to advanced.

Chair Yoga: Do you like the idea of yoga, but you are unsure about getting to and from the floor? No worries! We've got you covered with this yoga class that is centered around the use of the chair. All levels welcome! Ideal for beginners.

Circuit Training: Looking for a workout that incorporates a little bit of everything? Join us for circuit training where you will use weights, bands, your bodyweight, and more to get a well-rounded, full body strength and cardio experience! Low and High impact options are available in each class. Best for intermediate to advanced exercisers.

Cycle: Get your heart, lungs, and legs pumping in this indoor stationary cycle class! Work your way through flat roads, hills, sprints, and intervals accompanied by upbeat music and instructor encouragement! Best for intermediate to advanced exercisers.

Gentle Yoga: Foundational seated, lying, and gentle upright yoga postures. Breathing techniques and meditation are also incorporated. Enjoy the simplicity and feeling of releasing and restoring your body ease and care.

Gentle Flow Yoga: is designed for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Beginner to intermediate on the mat!

Relax & Stretch in Therapy Pool: This class is designed for those needing the warmer water to stretch and relax. **Less Pain w/Jane:** ½ Water Fit class in lap pool and stretch & relax after in the warm therapy pool.

Silver Fit: This class specifically designed for older adults will keep your body and your mind active and engaged! Includes low-impact cardio warm-up, strength, balance, core and flexibility training.

Total Strength: This is a challenging strength class where you will learn safe and effective techniques from our experienced instructors while challenging your muscles. Using your bodyweight along with additional fitness equipment, train to be stronger!

Water Fit: is a type of resistance training done in chest deep water. Movement in the water that will promote and enhance physical & mental fitness. Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water. Great for beginners to advanced!

Water Walking: Walk through the water the same way you would on land, including backwards and sideways to tone muscles. Little to no impact on joints.

Water Fit & Yoga: is a low-impact aquatic exercise followed by performing yoga poses in the water to help develop strength, balance, increase range of motion with little to no impact on joints. No yoga experience is necessary.

All Levels Yoga: Foundational yoga postures are practiced aligning, strengthening, and promoting flexibility in the body. Breathing techniques and meditation are also integrated. Postures are held to develop strength in the body and presence of mind. All levels are welcome!

Yoga Flow: Enjoy an energizing blend of foundational postures, creatively sequenced to move, & invigorate your body, deepen your breath and clear your mind. Good for intermediate and advanced levels!

Yogalates: this class combines Yoga with mat Pilates. Concentrating on the core and abdominal strength work with popular yoga poses to stretch and tone.

Zumba: exercise that's fun and involves movements inspired by Latin American dance and aerobics. The classes are designed to move between high and low intensity intervals to get your heart rate up and improve cardiovascular fitness. The contagious music is fun and inviting for all ages and fitness levels!