

55+ Group Exercise | September 2021

Wausau Branch

Class Time	Class Name & Instructor	Class Location	Offered Virtually?
Monday			
10:00 am - 10:45 am	SilverSneakers Circuit - Robin	Program Gym	Yes
Tuesday			
9:00 am - 9:45 am	SilverSneakers Splash	North Pool	No
10:15 am - 11:00 am	55+ Strong - Lori H.	Program Gym	Yes
6:00 pm - 7:00 pm	Group Vibrational Sound Therapy - Barb	Yoga Studio	No
Wednesday			
9:45 am - 10:30 am	SilverSneakers Yoga - Pam	Group Ex. Studio	Yes
10:45 am - 11:30 am	Flexibility, Balance and Breath - Pam	Group Ex. Studio	Yes
Thursday			
10:45 am - 11:30 am	SilverSneakers Enerchi - Lee	Group Ex. Studio	Yes
Friday			
10:15 am - 11:00 am	Full Body Fitness with Fred!	Program Gym	Yes

Aspirus Branch

Class Time	Class Name & Instructor	Class Location	Offered Virtually?
Monday			
10:00 am - 11:00 am	Gentle Stretch & Strength - Cindy	Gym	No
11:15 am - 12:15 pm	SilverSneakers Classic - Cindy	Studio B	No
Wednesday			
10:00 am - 11:00 am	Gentle Stretch & Strength - Cindy	Gym	No
11:15 am - 12:15 pm	SilverSneakers Classic - Cindy	Studio B	No
Friday			
10:00 am - 11:00 am	Gentle Stretch & Strength - Cindy	Gym	No
11:15 am - 12:15 am	SilverSneakers Classic - Cindy	Studio B	No

Registration required for virtual classes.

Register by phone: **715-841-1855** or email: **memberservices@thelandingwausau.com**

Members: Free | Non-Members: \$5 per virtual class

Class Descriptions

SilverSneakers Circuit - The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chair available for support.

Instructor: Robin.

55+ Strong - The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance.

Instructor: Lori.

Vibrational Sound Therapy - A vibrational sound therapy bath is a session designed to promote deep restorative relaxation that allows for stress relief and improved emotional well-being. The use of Himalayan singing bowls, crystal bowls, and chimes can be a pathway to a meditative state that is both therapeutic and enjoyable as it quiets your mind and releases tension.

Instructor: Barb.

SilverSneakers Yoga - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

Instructor: Pam

Flexibility, Balance, & Breath - Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

Instructor: Pam.

SilverSneakers Enerchi - This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life.

Easy to learn!

Instructor: Lee.

Gentle Stretch and Strength - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

Instructor: Cindy

Chair Stretch and Strength - A class incorporating strength along with balance, and flexibility exercises.

Second half of each class includes use of a chair to support movement.

Instructor: Cindy

SilverSneakers Classic - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

Instructor: Cindy

SilverSneakers Splash - A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Instructor: Matt

Full Body Fitness with Fred - Join Fred for Full Body Fitness on Friday!! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape!