

The Hemsworth Wellness Center

*SS Classic, SS Yoga and SS Splash are Silver Sneakers Classes that are FREE to Silver Sneakers Members. To Access ALL classes, Silver Sneakers Members must upgrade to Silver Sneakers PLUS (Single) \$20/Monthly or (Couple) \$30/Monthly

MONDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

10:30 - SS CLASSIC
11:30 - PING PONG
1:30 - TAI CHI

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS

TUESDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

8:30 - Yin/Yang Yoga
10:00 - SS YOGA
11:00 - ENERGIZE

POOL

10:30 - LIQUID MAGIC
11:30 - AI CHI
1:00 - WATER VOLLEYBALL
2:30 - SS - SILVER SPLASH

WEDNESDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

10:30 - SS CLASSIC
11:30 - PING PONG
1:30 - Gentle (Hatha) Yoga
2:30 - Meditation

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS
1:30 Aqua Cycle

THURSDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

8:30 - Yin/Yang Yoga
10:00 - SS YOGA
11:00 - ENERGIZE

POOL

10:30 - LIQUID MAGIC
11:30 - AI CHI
1:15 Aqua Cycle
2:30 - SS - SILVER SPLASH

FRIDAY - 7:00-3:00PM - POOL CLOSURES @ 2:30

LAND

10:30 - SS CLASSIC
1:30 - TAI CHI

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS
11:40 - Aqua Cycle

SATURDAY - 8:30AM-12:30PM - POOL CLOSURES @ 12:00

FITNESS ROOM OPEN

OPEN SWIMMING



MAPLE KNOLL COMMUNITIES
11100 SPRINGFIELD PIKE

Class Descriptions

*****Classes and instructors may change at any time*****

Warm Water Aquatic Classes:

Aqua Aerobics: Get motivated for the day with this cardio plus resistance workout.

Liquid Magic: A warm water class designed for individuals with a variety of musculoskeletal limitations; includes resistance training, water walking and stretching.

Joyful Joints: A class designed for people with arthritis.; increase your range of motion while strengthening muscles and joints.

Water Volleyball: Pool Fun! This is a great way to be active and social in the same hour (and a half)! .

Ai Chi: This is a water-based, total body strengthening and relaxation progression class. This fitness choice uses a combination of deep breathing and slow, broad movements for all fitness levels.

SilverSplash® Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Land Classes:

Energize: A class of light cardio, strengthening, and flexibility chair exercises utilizing light weights, bands and other props. Minimal standing exercise optional.

Classic - SilverSneakers® Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Some standing work and seated work. Equipment used: Weights, bands and balls.

Tai Chi: The gentle movement techniques introduced in this program are designed to help individuals move with control. If you are looking for a balance class with stress reduction, this is the one for YOU!

Silver Sneakers Yoga: This class is suitable for anyone who needs a little extra

support and may have challenges with balance. All poses are done either standing or in a chair. Suitable for all levels of fitness.

Yin/Yang Yoga: This class strives to enhance your flexibility, balance and strength. It is a morning mat class that incorporates both yin and yang aspects of yoga. Yin yoga consists of poses that are not as deep but held longer (3-5 minutes) with the intention of promoting fascia release; whereas, yang is that part of yoga that flows a little faster, although it is still a gentle practice.

Hatha Yoga: A gentle yoga class that is incorporates breathing exercises along with classical postures or asanas. The practice is performed from