

## September 2025 – Group Movement Schedule



| Monday                    | Tuesday            | Wednesday                         | Thursday           | Friday                 |
|---------------------------|--------------------|-----------------------------------|--------------------|------------------------|
| 8:15am<br>Stretching      |                    | 8:15am<br>Stretching              |                    |                        |
| 9:00am<br>Totally Engaged | 9:00am<br>Yoga     | 9:00am<br>Totally Engaged         | 9:00am<br>Yoga     | 9:00am<br>Cardio Blast |
| 10:00am<br>Line Dancing   | 10:00am<br>Circuit | 10:00am<br>Low Impact<br>Aerobics | 10:00am<br>Circuit |                        |
| 11:00am<br>Stretching     |                    | 11:00am<br>Tai Chi                |                    |                        |
| 2:00pm<br>Cardio Blast    |                    | 2:00pm<br>Cardio Blast            |                    |                        |

**CARDIO BLAST** – A cardiovascular, interval-based class on the fitness floor. You choose the cardio machine and follow a speed or resistance-based workout. (30 minute class)

**CIRCUIT** – This class rotates through several stations of strength and cardio exercises. Each exercise is performed for a certain amount of time or number of repetitions. This is a fast moving class but has intensity options for ALL fitness levels. (45 minutes)

**LINE DANCING** – Ideal for those who love to move to music! This class incorporates easy-to-follow line dances & routines. Dancing can help improve coordination and act as a great cardiovascular workout! (45 minutes)

**LOW IMPACT AEROBICS** – This class follows the tempo of the music, but participants are encouraged to move at their own pace. It incorporates various step patterns, kickboxing moves, and gets the heart rate up! (45 minutes)

**STRETCHING** – With a focus on mind-body awareness, this class incorporates slow & rhythmic movements to stretch all major muscle groups. (30 minutes)

**TAI CHI** – This class focuses on slow-flowing movements, weight shifts, balance, and follows the tai chi 8-forms. Class can be done standing or seated in a chair. (30 minutes)

**TOTALLY ENGAGED** – Whole-body workout that incorporates all areas of fitness: cardio, strength, balance, and flexibility. Intensity options for ALL fitness levels. (45 minutes)

**YOGA** – Simple flowing sequences to warm up the body, as well as slower-paced movements focusing on alignment, strength, balance, and flexibility. (45 minutes)

## Pickleball Open Court Schedule



| Monday           | Tuesday          | Wednesday        | Thursday         | Friday           |
|------------------|------------------|------------------|------------------|------------------|
| 7:00am – 8:00am  | 7:00am – 8:30am  | 7:00am – 8:00am  | 7:00 – 8:30am    | 7:00am – 10:00am |
|                  |                  |                  |                  |                  |
| 12:00am – 4:00pm | 11:00am – 4:00pm | 12:00pm – 4:00pm | 11:00am – 4:00pm |                  |
|                  |                  |                  |                  | 2:00pm – 4:00pm  |

Pickleball is a fun, engaging sport that combines different aspects of tennis, badminton, and ping-pong. It is played on a shorter court with lightweight paddles that 2 or 4 players of any age or ability can enjoy. Players will rotate out if there are more than 4. Equipment is provided.

**OPEN PLAY** – This schedule reflects open court times when Engage Wellness members can meet up to play Pickleball together. ***The schedule is subject to change!*** Special events that affect the Pickleball schedule will be announced/posted in advance.