



Newton-Wellesley Hospital Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Saturday
9:15 am Strength Training	9:15 am Fit & Fabulous	9:15 am Strength Training	9:15 am Fit & Fabulous	9:00 am Pilates Workout
	10:15 am Yoga for Everyone	10:00 am Gentle Yoga		10:00 am Zumba
10:45 am Pilates for Everybody	10:30 am Stretch & Strengthen	10:45 am Pilates for Everybody	10:30 am Stretch & Strengthen	
	11:45 am Stretch & Strengthen		11:45 am Stretch & Strengthen	
4:30 pm Strength Training		4:30 pm Strength Training		
5:30 pm Low Impact Aerobics	5:30 pm Strength Training for Women	5:30 pm Zumba	5:30 pm Strength Training for Women	
6:00 pm Tai Chi	6:30 pm 20/20/20 Cardio Combo			
	6:30-7:45 pm Kundalini Yoga	7:15-8:30 pm Kundalini Yoga		

Autumn Session: October 5 - December 22, 2016

Registration: 617-243-6221 • Information: www.nwh.org/classes

Weekday classes (except Tai Chi) are held at Temple Reyim, 1860 Washington Street, Newton.
Tai Chi classes are held in the Allen Riddle Living Room, on the Newton-Wellesley Hospital campus.
Saturday classes are held at the Shipley Fitness Center, on the Newton-Wellesley Hospital campus.



**NEWTON-WELLESLEY
HOSPITAL**

Group Fitness Classes at Newton-Wellesley Hospital

Autumn Session: October 5 - December 22, 2016

No classes scheduled October 10, 11, 12, 17, 18, 24, 25 and November 23, 24, 26

Cardio Combo 20/20/20

This all-in-one group fitness class will leave you feeling refreshed, invigorated, and revitalized. You will be having fun, as well as helping your body. Enjoy increased cardio endurance, stretched & strengthened muscles with enhanced coordination and increased flexibility. For all ages and abilities.

Fit & Fabulous

Class includes a warm up, aerobics and strength training routine that promotes total body well being. Focus is on building strength and improving balance and posture. For all ages and abilities.

Low Impact Aerobics

Aerobic class based on dance moves and includes arm and core strengthening exercises. Focus is on energy boost, improved heart function and stress reduction. For all ages and abilities, no dance experience required.

Pilates

Pilates mat work and gentle stretching to strengthen the core muscles, tone and increase flexibility in the back and spine. Will help improve balance, breathing, energy level and posture. All levels welcome. For all with the ability to get down to and up from the floor.

Strength Training and Strength Training for Women

Non-aerobic routine of strength building exercises (standing & floor) using repetitions, resistance bands and hand weights. Focus is on using correct form for maximum strength gain and to improve posture, balance and reduce the risk of osteoporosis. For all with the ability to get down to and up from the floor.

Stretch & Strengthen

Non-aerobic routine of stretch and strength building exercises (standing, floor). Focus is on becoming/staying active and increasing muscle strength to improve health, posture, balance and reduce risk of osteoporosis. For all ages and abilities.

Zumba

Zumba fuses latin rhythms and easy to follow dance moves to create a dynamic workout. A fun and easy-to-follow class with pacing appropriate for all-levels. Improve balance, range of motion and coordination. No prior dance or Zumba experience required.

Tai Chi

A regular Tai Chi practice of slow and rhythmic movements is said to encourage an increase in circulation, relieve stress, promote flexibility, and increase strength. Over time, you will experience a marked improvement in concentration, range of motion and balance. For all ages and abilities.

Kundalini Yoga

The goal of Kundalini Yoga is to balance body, mind, and soul, and increase mental clarity and physical vitality. Each class is comprised of kriyas - moving combinations of postures and breaths. Class closes with a meditation which brings awareness and control of thoughts. Mantra (repeated sounds aloud or silently) and mudra (hand gestures), are used to clear negative patterns, reduce stress and awaken awareness. For all with the ability to get down to and up from the floor.

Gentle Yoga

This class incorporates gentle (less vigorous) kriyas, mudras and mantra with an emphasis on relaxation, breathing, meditation and gentle exercise. For all ages with the ability to get down to and up from the floor.

Vinyasa Yoga

Vinyasa yoga is a mindful series of asana (postures) synchronized with breath. Flowing from one pose to another, gives a cardiovascular benefit that may not be found in other forms of yoga. The routine practice of vinyasa can increase strength, endurance and flexibility, and reduce levels of stress. For all with the ability to get down to and up from the floor.

Our exercise and fitness classes are designed to accommodate various levels and abilities and our instructors are always able to suggest ways of adapting any class or workout to meet your individual needs.

You may also register for any class at any time during the session and cost will be prorated.

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