



Wellness Center Fitness Classes September 3 – 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9/3 No Classes	9/4 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength 5:30pm Strength Training	9/5 9:30am Zumba Gold 10:00am Gentle Yoga 10:45am Pilates 4:30pm Strength Training 5:30pm Get Moving 6:00pm Tai Chi 7:15pm Yoga	9/6 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength 5:30pm Strength Training	9/8 9:00am Pilates
9/10 No Classes	9/11 No Classes	9/12 9:30am Zumba Gold 10:00am Gentle Yoga 10:45am Pilates 4:30pm Strength Training 5:30pm Get Moving 6:00pm Tai Chi 7:15pm Yoga	9/13 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength 5:30pm Strength Training	9/15 9:00am Pilates
9/17 10:45am Pilates 4:30pm Strength Training 5:30pm Low Impact	9/18 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength No PM Classes	9/19 No Classes	9/20 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength 5:30pm Strength Training	9/22 9:00am Pilates
9/24 No Classes	9/25 No Classes	9/26 9:30am Zumba Gold 10:00am Gentle Yoga 10:45am Pilates 4:30pm Strength Training 5:30pm Get Moving 6:00pm Tai Chi 7:15pm Yoga	9/27 9:15am Fit & Fab 10:30am Stretch & Strength 11:45am Stretch & Strength 5:30pm Strength Training	9/29 9:00am Pilates

Registration: 617-243-6221 • Information: NWH.org/nwhclasses

Name:		
Address:		
Phone:	Email:	
Class Option:	Price:	
Class Option:	Price:	
Total:		
Card #:	Expiration:	Code:

Wellness Center Fitness Classes

September 3 – 29, 2018



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

A low-impact Aerobics class that is gentle on the joints and is a great way to get in a heart healthy workout. Come join this dynamic and fun class. No experience necessary and all levels are welcome.

Pilates

Gentle exercises to strengthen, tone and increase flexibility in the deep core and back muscles. Will help improve balance, breathing, energy level and posture. For all levels with the ability to get down to and up from the floor.

Strength Training

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 levels 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 Gold

A modified Zumba class that uses the moves you love at a lower intensity. This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave feeling empowered and strong! For all ages and abilities, no dance experience required.

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.

Kundalini Yoga

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. No experience necessary and all levels are welcome.

Tai Chi

Slow and rhythmic movements to encourage an increase in circulation, relieve stress and promote flexibility. Over time, you will experience a marked improvement in concentration, range of motion and balance. For all ages and abilities.

Get Moving

This gentle on the joints class is designed to increase heart rate, tone muscle and improve overall fitness. For all ages and abilities.

Options & Pricing for September Session

6 Classes during the session	\$55.00
4 Classes during the session	\$42.00
Group Fitness Drop In	\$15.00
3 Yoga or Tai Chi Classes	\$44.00
Yoga or Tai Chi Drop In	\$17.00
Ultimate Fit Pass *	\$70.00

* Best Deal Ever! Enjoy any Group Exercise, Tai Chi or Yoga class!

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.

New students can register for any class at any time during the session and the cost will be prorated.

Weekday classes (including Tai Chi) are held at Temple Reyim, 1860 Washington Street, Newton.

Saturday classes are held in the Shipley Fitness Center, on the Newton-Wellesley Hospital campus.

Registration: 617-243-6221 • Information: NWH.org/nwhclasses



NEWTON-WELLESLEY
HOSPITAL



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AND MASSACHUSETTS GENERAL HOSPITAL