

WELLNESS CENTER

# Group Fitness Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	9:15 am <b>Fit &amp; Fabulous</b> <i>Susie</i>	9:30 am <b>Zumba Gold</b> <i>Colleen</i>	9:15 am <b>Fit &amp; Fabulous</b> <i>Susie</i>	9:00 am <b>Pilates Workout</b> <i>Erica</i>
		10:00 am <b>Gentle Yoga</b> <i>Bill</i>		
10:45 am <b>Pilates for Everybody</b> <i>Karin</i>	10:30 am <b>Stretch &amp; Strengthen</b> <i>Susie</i>	10:45 am <b>Pilates for Everybody</b> <i>Karin</i>	10:30 am <b>Stretch &amp; Strengthen</b> <i>Susie</i>	
	11:45 am <b>Stretch &amp; Strengthen</b> <i>Susie</i>		11:45 am <b>Stretch &amp; Strengthen</b> <i>Susie</i>	
4:30 pm <b>Strength Training</b> <i>Cheryl</i>		4:30 pm <b>Strength Training</b> <i>Pearl</i>		
5:30 pm <b>Low Impact Aerobics</b> <i>Cheryl</i>	5:30 pm <b>Strength Training Women</b> <i>Susie</i>	5:30 pm <b>Get Moving</b> <i>Susie</i>	5:30 pm <b>Strength Training Women</b> <i>Susie</i>	
6:00 pm <b>Tai Chi</b> <i>Eddie</i>		7:15 pm <b>Kundalini Yoga</b> <i>Bill</i>		

**Fall Session: Wednesday, October 3 – Saturday December 22**  
**No classes on October 8, November 12, November 21-24**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Price: \_\_\_\_\_

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Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_ Code: \_\_\_\_\_

Return registration form to: Newton-Wellesley Hospital Wellness Center, 2014 Washington St., Newton, MA 02462, or call 617-243-6221

# Group Fitness Classes at Newton-Wellesley Hospital

Fall Session: Wednesday, October 3 – Saturday December 22

No classes on October 8, November 12, November 21-24

## 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.

## 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.

## Get Moving

This gentle on the joints class is designed to increase heart rate, tone muscles and improve overall fitness. 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.

## Low Impact Aerobics

Aerobic exercise improves cardiovascular health and helps reduce stress. This Low-impact Aerobics class is gentle on the joints and beneficial as a great way to get in a heart pumping workout. Focus is on energy boost, improved heart function and reducing stress. Come join this dynamic and fun class. No experience necessary and all levels are welcome!

## Pilates

Pilates mat work and gentle stretching to strengthen the core muscles, tone and increase exibility 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.

## Tai Chi

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

## Class pricing for Fall Session

2 classes/Mon. & Wed. . . . .	\$175 am/pm
Any 2 classes/week . . . . .	\$193 am/pm
1 class/Mondays . . . . .	\$95 am/pm
Any 1 class. . . . .	\$116 am/pm
Fit Pass. . . . .	\$275
Sat. Pilates. . . . .	\$116
Yoga 1 class/week. . . . .	\$160
Tai Chi 1 class/week . . . . .	\$132

*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](http://NWH.org/nwhclasses)**



NEWTON-WELLESLEY  
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL