

July 2022

bellinhealth | Fitness

MONDAY

The Ride & Strength
w/ Kris
5:30-6:15 AM



Aqua Splash
w/ Kristen
8-8:45 AM

Mat Pilates
w/ Kristen
9-9:45 AM

TUESDAY

Power Up
w/ Kristen
8-8:45 AM

Silver Sneakers Yoga
w/ Kristen
9-9:45 AM

Silver Sneakers Classic
w/ Kristen
10-10:45 AM

Strong Bodies (7/19-9/8)
w/ Sarah & Sarah
11-11:45 AM

The Ride
w/ Kris
5-5:45 PM

Zumba
w/ Melissa
5-5:45 PM

Yoga*
w/ Cary
6:15-7:00 PM

WEDNESDAY



Aqua Splash
w/ Kristen
8-8:45 AM

Tai Chi
w/ Kristen
10:15-11 AM

Yoga*
w/ Cary
6:15-7:00 PM

*will take place outside at The Breakwater, weather permitting.

THURSDAY

Silver Sneakers Yoga
w/ Kristen
9-9:45 AM

Silver Sneakers Classic
w/ Kristen
10-10:45 AM

Strong Bodies (7/19-9/8)
w/ Sarah & Sarah
11-11:45 AM

Power Up: Outdoor Bootcamp
w/ Kristen
4-4:45 PM

FRIDAY



Aqua Splash
w/ Kristen
8-8:45 AM

Zumba
w/ Melissa
9-9:45 AM

**NO LAP SWIMMING DURING
AQUA CLASSES WHEN 6 PEOPLE
ARE PRESENT IN CLASS**

GROUP FITNESS

CLASS DESCRIPTIONS

Aqua Splash – Test the water with us in this aquatic fitness class. We will perform cardiovascular exercises in the shallow end of the pool as well as strength training exercises for the upper and lower body using water, weights and resistance tubing for an added challenge. All ages and skill levels are welcome! ★★

Silver Circuit Class – A class that take individuals through a dynamic warm up, educates the members how to utilize the machine/equipment in the weight room, and then provides a workout including the machines and equipment. ★

SilverSneakers® Classic–Increase muscular strength, range of movements and activity for daily living. Build functional strength using hand-held weights, elastic tubing, and a ball for resistance. A chair is used for seated and/or standing support.

★★ OR ★★★

SilverSneakers® Yoga – Increase circulation, flexibility, range of motion, balance and overall energy. Perfect for those with physical limitations that find it difficult to get on and off the floor. Come warmed up and ready to go! ★

***Mat Pilates** - Classes will focus on your core muscles while also training your arms and legs. Perfect for all skill levels looking to improve posture, coordination, and balance, while increasing lung capacity and injury prevention. Please note: class will utilize yoga mats on the floor. ★★

***Tai Chi** - A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. ★

***StrongBodies - July 19th-August 25th** - Hosted by UW Extension in Oconto County, an evidenced-based, strength training exercise program! Classes meet twice a week to focus on weight training, flexibility, and balance. A weekly nutrition topic will also be discussed, as well as time for Q&A. ★

Power Up – Time Based intervals of work-rest focusing on improving cardio and strength. Challenge yourself as much or as little as you want in this full body workout. Active Agers: it's time to POWER UP! ★★★

***Power Up: Outdoor Bootcamp** - This afternoon class is reworked for athletes, beginners, and everyone in between! Time-based intervals of work-rest will use tire flipping, battle ropes, jump ropes, sledgehammers, and more to focus on improving cardio and strength.★★★★★🔥

The Ride – Outdoor cycling with indoor comfort. An amazing cardio workout filled with intervals, hill climbs, speed work, and endurance training. You control the intensity of the ride, we control the "bumps and curves" in the road. **AND STRENGTH - using free weights to accomplish the basics movements of full body strength training.**

★★★★★🔥

Yoga – A mind/body exercise focusing on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. ★

***Zumba** - A total workout, combining low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! ★★★★★

Intensity Scale:

lowest intensity: ★

medium intensity: ★★★

highest intensity: ★★★★★🔥

*NEW summer offering

Classes require at least 3 participants to take place.
Please visit or call the Front Desk with any questions
920-834-5585

Please note: Per our facility's youth guidelines, children 13 years of age & younger are not permitted to participate in Group Exercise classes. Any child 14-17 years of age who wishes to participate in a Group Exercise class needs to speak with a Class Instructor or Front Desk staff member prior to the class to receive permission to participate.