

# WINTER WELLNESS WEEK

DEC 16 - DEC 20

## IN-PERSON CLASSES

Join our fitness instructors for a wide variety of fitness classes for all levels.  
Access to all in-person classes at MSCR Central, East and West locations upon registration.

- Please bring your own mat for in-person classes.
- Classes that do not include floor work are indicated in the class descriptions.
- Class schedules are subject to change based on instructor availability and will be communicated.

**First step!** Register for **Winter Wellness Week** at [MSCR.org](https://mscr.org) using course code **41053** or stop by any of our MSCR facilities for paper registration.

How do I reserve my spot in daily individual classes?

- Registration is required for activities with course numbers listed on the daily schedule.
- Add individual classes to your wishlist on **Tuesday, December 3.**
- Registration for individual classes will open on **Monday, December 9 at 12pm** for residents and non-residents.
- Register online or paper registration form or stop by for help.

## Food Drive, Theme Days, & Raffle Drawings for Prizes

Enter to **WIN** a gift certificate towards any MSCR fitness class! Multiple winners will be selected!

Earn raffle tickets towards prizes the following ways:

1. Earn one raffle ticket per item donated to Meadowood Neighborhood Center. Your generous contributions of non-perishable food items and personal care products will help those in need during this special time of year.
  - Drop off items in the bins located at one of our three sites and receive raffle ticket(s) at the front desk.
2. Earn one raffle ticket for participating in theme activities. Theme days can be found on page 3.



**\$15**

(MMSD RESIDENT)

**\$23**

(NON-RESIDENT)

**ADULT FITNESS & GOODMAN-ROTARY 50+ FITNESS**



# CLASS DESCRIPTIONS



**Arms & Abs** – Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles.

**Balance, Strength & Core** – Exercises designed to improve core stability, balance and muscular strength using a variety of equipment.

**Barre Fusion** – Move through low-impact isometric moves, cardio bursts, strength and mind-body inspired movements. Each class starts with energetic music and finishes with recentering breath work.

**Barre Sculpt** – A total body barre workout that targets, shapes and defines all major muscle groups.

**BollyX Dance** – BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. There is no floor work.

**Body Groove** – A unique dance exercise experience where everyone unites in a simple movement or rhythm but dances their own unique way. Experience slow, meditative grooves, to heart thumping and strength building cardio beats.

**Boot Camp** – This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout. Get ready to move!

**Breathing through the Holidays** – Improve mindfulness, mental focus and decrease stress using breathing techniques from Qigong and pranayama. Breathing practice is offered seated or standing on a mat while enhancing posture and strengthening core.

**Cardio Dance** – Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high energy beats. There is no floor work.

**Cardio Dance & Toning** – An interval based class that includes low impact choreographed dance moves followed by full body strength training exercises. A total body, heart, pumping, aerobic, and strength conditioning workout.

**Cardio Step** – We are bringing back a classic! A high energy, heart pumping aerobic conditioning class that utilizes a step platform to burn calories, strengthen muscles and improve coordination and balance.

**Chair Exercise** – Reduce pain and stiffness with gentle exercises while building strength and mobility. There is no floor work.

**Chair One Dance Fitness** – A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

**Circuit Fitness** – This class combines strength and cardio intervals for a fun and challenging workout.

**Classic Cardio & Toning** – Mix 30 minutes of choreographed cardio to upbeat music with 30 minutes of strength training for one sweaty good time. Leg warmers are optional!

**Core & Balance Combo** – This class incorporates the elements of Pilates, yoga and core strength training. Class includes both standing balance exercises and mat work.

**Functional Fitness** – Improve daily functional performance levels with movement patterns that enhance strength, balance and flexibility.

**Gentle Exercise** – Class promotes balance, strength, and flexibility for those with aches and pains. Breath awareness, relaxation and stretching exercises are all included. There are both standing exercises and exercises using a chair. There is no floor work.

**HIIT** – High Intensity Interval Training (HIIT) mixes bouts of speed, power and intensity with brief periods of rest. This workout is perfect for cardio and strength training and burning calories!

**International Dance Party** - A high energy celebration of dance! Combines dynamic choreography and movement with music from around the world.

**Kickbox Cardio** – A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. This class improves endurance and cardiovascular fitness, tones muscles and shreds your abs.

**Pilates** – Focuses on postural symmetry, breath control, abdominal strength and spine stabilization.

**PiYo** – A unique class designed to build strength and gain flexibility, this class is all about energy, power and rhythm.

**Pure Strength** – Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle.

**Row Fit** – Each class combines technical instruction on and off the rowers. Class incorporates interval training on the Concept2 Indoor Rowers and simple strength exercises off the rowers. Rowing is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position.

**Simple Strength** – Learn the basics of strength training with an emphasis on strength, balance and flexibility. There is no floor work.

**Stretch and Strength** – Class incorporates stretching exercises to enhance flexibility & strengthening exercises to improve overall fitness.

**T'ai Chi Advanced** – Class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of T'ai Chi. Consists of warm ups, followed by the Fan Routine & Parts I-III of YMT. There is no floor work.

**T'ai Chi for Arthritis & Fall Prevention** – Based on Sun Style Tai Chi form which promotes strength, balance and flexibility and may reduce or prevent falls. The movements are taught using left and right sides and with turns to move forward and backward to improve mobility.

**T'ai Chi Intermediate** – Refines the movements of T'ai Chi Intro. After QiGong, the class focuses on refining both individual forms and the entire Beijing 24 sequence. There is no floor work.

**T'ai Chi Intro** – Introduction to the basic movements, techniques and philosophies of a T'ai Chi practice. Starts with Eight Brocade, gentle stretching exercises followed by Beijing 24 T'ai Chi. There is no floor work.

**T'ai Chi Pole** – The T'ai Chi pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance by using coordinated pole movements. The pole weight is 5lbs but adjustments can be made in order to perfect your form and build strength.

**T'ai Chi Yang Style** – Improve coordination, strength and balance through practical application of Yang Family Tai Chi in daily practice including the 24 posture short form.

**Total Body Fitness** –Total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training with cardio bursts designed to tone your body and improve endurance.

**TRX: Total Body Suspension Training** – Class combines full-body strength training using suspension straps with bodyweight exercises and/or weights to tone your body and improve your endurance.

**WERQ** – A fiercely fun dance fitness class based on pop, rock and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. There is no floor work.

**Zumba** – An aerobic dance fitness class that combines international music and movement. There is no floor work.

**12 Days of Fitness** – A fun and festive class that involves a number of strength &/or cardio exercises that compound on each other, using the style of the “Twelve Days of Christmas” song.



# YOGA

**Gentle Yoga** – Ease into your yoga practice with slow, gentle movements and breath awareness that helps develop strength, flexibility and balance.

**Hatha Yoga I** – Learn the fundamental elements. Benefit from increased strength and flexibility, while practicing proper body posture and alignment. Appropriate for all levels, but geared towards those new to the practice.

**Restorative Yoga** – Deeply relax and nourish your body as you slowly move in and out of floor based poses. Learn mindfulness techniques to quiet the mind, reduce stress, and promote mental clarity.

**Yoga Amped** – A cardio-strength based class that is the perfect blend of energizing fitness and yoga postures. Cardio, strength, balance, and core movements are woven into each unique class through interval training formats.

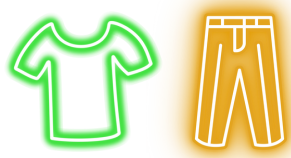
**Yoga Flow** – Dynamic yoga practice combines breath and movement while flowing through a series of yoga postures.

**Yoga Sculpt** – A dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences. Designed to tone and sculpt every major muscle group by using your own bodyweight, small hand weights and elastic bands.

All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.

THEME DAYS

EARN ONE RAFFLE TICKET



Monday - Merry & Bright Colors



Tuesday - Fill out a card or a thankful post it note at the front desk



Wednesday - Wacky Winter Socks

Thursday -Tacky Headgear



Friday - Festive Shirts & Sweaters



CLASS SCHEDULE

MONDAY, 12/16

Merry & Bright Colors

| Activity                                   | Location     | Time            | Instructor   | Course # |
|--|--------------|-----------------|--------------|----------|
| Arms & Abs                                 | MSCR Central | 11:30am-12:15pm | Karin V.     | 42531    |
| Cardio Dance & Toning                      | MSCR Central | 12:30-1:30pm    | Karin V.     | 42532    |
| Yoga Flow                                  | MSCR Central | 4:30-5:30pm     | Anne D.      | 42498    |
| Restorative Yoga                           | MSCR Central | 5:45-6:45pm     | Anne D.      | 42558    |
| Pure Strength                              | MSCR East    | 8:30-9:15am     | Janelle W.   | 42495    |
| Tai Chi for Arthritis and Fall Prevention  | MSCR East    | 9:00-10:00am    | Ellen H.     | 43667    |
| Circuit Fitness                            | MSCR East    | 9:30-10:30am    | Janelle W.   | 42496    |
| Pilates                                    | MSCR East    | 10:45-11:30am   | Janelle W.   | 42497    |
| Cardio Dance                               | MSCR East    | 10:45-11:45am   | Jan H.       | 42494    |
| Row Fit                                    | MSCR East    | 5-5:45pm        | Aarika M.    | 42482    |
| Boot Camp                                  | MSCR East    | 6-6:45pm        | Aarika M.    | 42488    |
| Core & Balance Combo                       | MSCR West    | 9:00-10:00am    | Marie D.     | 42544    |
| Gentle Exercise                            | MSCR West    | 10:15-11:15am   | Marie D.     | 42542    |
| Cardio Dance & Toning                      | MSCR West    | 11:45am-12:45pm | Marie D.     | 42543    |
| Breathing through the Holidays             | MSCR West    | 12-1pm          | Paul N.      | 42574    |
| Balance, Strength & Core Stability         | MSCR West    | 12:30-1:30pm    | Francisco C. | 42573    |
| TRX Suspension Training                    | MSCR West    | 5-5:45pm        | Kelsey S.    | 42566    |
| Pure Strength                              | MSCR West    | 5:45-6:30pm     | Valentina A. | 42550    |
| H.I.I.T (high intensity interval training) | MSCR West    | 6:45-7:30pm     | Valentina A. | 42551    |



Thankful  
Tuesday

TUESDAY, 12/17

| Activity                      | Location     | Time            | Instructor    | Course # |
|-------------------------------|--------------|-----------------|---------------|----------|
| T'ai Chi Introductory         | MSCR Central | 12:30-1:30pm    | Bob C.        | 42567    |
| T'ai Chi Intermediate - Intro | MSCR Central | 1:45-2:45pm     | Bob C.        | 42568    |
| T'ai Chi Advanced - Intro     | MSCR Central | 3-4pm           | Bob C.        | 42569    |
| Yoga Amped                    | MSCR Central | 5:30-6:15pm     | Grace H.      | 42525    |
| TRX Suspenison Training       | MSCR East    | 9-9:45am        | Deb S.        | 42486    |
| Gentle Exercise               | MSCR East    | 10-11am         | Karin V.      | 42499    |
| Yoga Flow                     | MSCR East    | 10:30-11:15am   | Lisa H.       | 42508    |
| Arms & Abs                    | MSCR East    | 11:15am-12pm    | Karin V.      | 42500    |
| Row Fit                       | MSCR East    | 11:45am-12:30pm | Lisa H.       | 42578    |
| Pure Strength                 | MSCR East    | 12:15-1pm       | Karin V.      | 42502    |
| Arms & Abs                    | MSCR East    | 5-5:45pm        | Karin V.      | 42503    |
| Cardio Dance & Toning         | MSCR East    | 6-6:45pm        | Karin V.      | 42504    |
| Stretch & Strength            | MSCR West    | 8:30-9:30am     | Marie D.      | 42545    |
| Simple Strength               | MSCR West    | 10:15-11:15am   | Catherine K.  | 42507    |
| Cardio Step                   | MSCR West    | 11:30am-12:15pm | Catherine K.  | 42518    |
| Functional Fitness            | MSCR West    | 1:30-2:30pm     | Julie M.      | 42562    |
| Pure Strength                 | MSCR West    | 4:30-5:15pm     | Beth P.       | 42501    |
| Total Body Fitness            | MSCR West    | 5:30-6:15pm     | Beth P.       | 42505    |
| International Dance Party     | MSCR West    | 6-6:45pm        | Jacqueline H. | 42556    |

Wacky  
Winter  
Socks

WEDNESDAY, 12/18

| Format                             | Location     | Time            | Instructor   | Course # |
|------------------------------------|--------------|-----------------|--------------|----------|
| Functional Fitness                 | MSCR Central | 8:30-9:20am     | Janelle W.   | 42527    |
| Functional Fitness                 | MSCR Central | 9:30-10:20am    | Janelle W.   | 42528    |
| Functional Fitness                 | MSCR Central | 10:30-11:20am   | Janelle W.   | 42529    |
| Functional Fitness                 | MSCR Central | 11:30am-12:20pm | Janelle W.   | 42530    |
| Barre Sculpt                       | MSCR Central | 2-3pm           | Katrina B.   | 42535    |
| Balance, Strength & Core Stability | MSCR Central | 3:15-4:15pm     | Katrina B.   | 42536    |
| WERQ                               | MSCR Central | 5-5:45pm        | Katrina B.   | 42537    |
| Barre Fusion                       | MSCR Central | 6-6:45pm        | Katrina B.   | 42538    |
| 12 Days of Fitness                 | MSCR East    | 8-9am           | Nancy H.     | 42511    |
| Stretch & Strength                 | MSCR East    | 9:15-10am       | Nancy H.     | 42512    |
| Pure Strength                      | MSCR East    | 11am-12pm       | Deb S.       | 42487    |
| Tai Chi Pole                       | MSCR East    | 3-4pm           | Bob C.       | 42575    |
| WERQ                               | MSCR East    | 5:30-6:15pm     | Sia F.       | 42555    |
| Total Body Fitness                 | MSCR East    | 6:30-7:30pm     | Angelique M. | 42484    |
| Simple Strength                    | MSCR West    | 9-10am          | Marie D.     | 42547    |
| Chair Exercise                     | MSCR West    | 10:15-11am      | Marie D.     | 42546    |
| Balance, Strength & Core Stability | MSCR West    | 11am-12pm       | Julie M.     | 42563    |
| TRX Suspension Training            | MSCR West    | 12:45-1:35pm    | Julie M.     | 42564    |
| Boot Camp                          | MSCR West    | 5:15-6pm        | Aarika M.    | 42483    |
| Functional Festive Fitness         | MSCR West    | 5:30-6:15pm     | Lizzy O.     | 42572    |
| Jingle Jive Cardio Dance           | MSCR West    | 6:30-7:15pm     | Lizzy O.     | 42553    |

**THURSDAY, 12/19****Tacky Headwear**

| Activity                           | Location     | Time            | Instructor   | Course # |
|------------------------------------|--------------|-----------------|--------------|----------|
| Yoga Amped                         | MSCR Central | 7:15-8am        | Grace H.     | 42526    |
| Balance, Strength & Core Stability | MSCR Central | 10-11am         | Catherine K. | 42519    |
| Cardio Step                        | MSCR Central | 11:15am-12:15pm | Catherine K. | 42520    |
| Yoga Sculpt                        | MSCR Central | 5-5:45pm        | Lisa H.      | 42541    |
| Yoga Flow                          | MSCR East    | 8-8:45am        | Lisa H.      | 42509    |
| Functional Fitness                 | MSCR East    | 9-10am          | Deb S.       | 42489    |
| Functional Fitness                 | MSCR East    | 10:15-11:15am   | Deb S.       | 42490    |
| TRX Suspension Training            | MSCR East    | 12-12:45pm      | Deb S.       | 42491    |
| Body Groove                        | MSCR East    | 12-1pm          | Gaylene B.   | 42577    |
| T'ai Chi Intermediate - Intro      | MSCR East    | 1:30-2:30pm     | Bob C.       | 42576    |
| Circuit Fitness                    | MSCR East    | 5-6pm           | Mindy V.     | 42510    |
| Stretch & Strength                 | MSCR West    | 8:15-9:15am     | Marie D.     | 42548    |
| Gentle Yoga                        | MSCR West    | 9-10am          | Kurt R.      | 42540    |
| T'ai Chi Yang Style                | MSCR West    | 9:30-10:30am    | John A.      | 42560    |
| Cardio Dance & Toning              | MSCR West    | 9:45-10:45am    | Marie D.     | 42549    |
| Hatha Yoga 1                       | MSCR West    | 10:15-11:15am   | Kurt R.      | 42539    |
| TRX Suspension Training            | MSCR West    | 1:45-2:35pm     | Julie M.     | 42565    |
| Kickbox Cardio                     | MSCR West    | 4:45-5:30pm     | Elizabeth P. | 42523    |
| PiYo                               | MSCR West    | 5:45-6:30pm     | Elizabeth P. | 42524    |
| WERQ                               | MSCR West    | 6-6:45pm        | Sia F.       | 42554    |

**FRIDAY, 12/20****Festive Sweaters and Shirts**

| Activity                | Location     | Time          | Instructor    | Course # |
|-------------------------|--------------|---------------|---------------|----------|
| Gentle Yoga             | MSCR Central | 10-10:45am    | Catherine K.  | 42552    |
| Pure Strength           | MSCR Central | 11am-12pm     | Catherine K.  | 42521    |
| Cardio Dance            | MSCR Central | 12:15-1:15pm  | Catherine K.  | 42522    |
| Arms & Abs              | MSCR East    | 8:15-9am      | Jamie A.      | 42516    |
| Total Body Fitness      | MSCR East    | 9:15-10am     | Jamie A.      | 42517    |
| Cardio Dance            | MSCR East    | 10:45-11:45am | Jan H.        | 42492    |
| Row Fit                 | MSCR East    | 12-1pm        | Kelsey/Mindy  | 42506    |
| Functional Fitness      | MSCR West    | 9:30-10:30am  | Karin V.      | 42533    |
| T'ai Chi Yang Style     | MSCR West    | 9:30-10:30am  | John A.       | 42561    |
| Functional Fitness      | MSCR West    | 10:45-11:45am | Karin V.      | 42534    |
| Chair One Dance Fitness | MSCR West    | 3:15-4:15pm   | Jacqueline H. | 42570    |
| BollyX Dance            | MSCR West    | 4:30-5:15pm   | Jacqueline H. | 42557    |