

Wellness U - Community Class Calendar – February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Wellness U Community Classes Staff Only Class is held at Outdoor Exercise Pavilion Class is held at Buena Vista Health Center			1. 7:30, 9:00, 10:30 am Strength & Cardio 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	2. 8:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	3. 7:30, 9:00, 10:30 am Strength & Cardio	4.
5.	6. 7:30, 9:00, 10:30 am Strength & Cardio 8:45 am Tai Chi 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	7. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	8. 7:30, 9:00, 10:30 am Strength & Cardio 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	9. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	10. 7:30, 9:00, 10:30 am Strength & Cardio	11.
11.	13. 7:30, 9:00, 10:30 am Strength & Cardio 8:45 am Tai Chi 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	14. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	15. 7:30, 9:00, 10:30 am Strength & Cardio 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	16. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	17. 7:30, 9:00, 10:30 am Strength & Cardio	18.
19.	20. 7:30, 9:00, 10:30 am Strength & Cardio 8:45 am Tai Chi 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	21. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	22. 7:30, 9:00, 10:30 am Strength & Cardio 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	23. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio	24. 7:30, 9:00, 10:30 am Strength & Cardio	25.
26.	27. 7:30, 9:00, 10:30 am Strength & Cardio 8:45 am Tai Chi 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym	28. 7:00 am BV Strength & Cardio 8:00 am Community Yoga Class 9:00, 10:00 am Silver Sneakers/Renew Active 11:00 am Cancer Wellness 1:00-3:00 pm Silver Sneakers/Renew Active Open Gym 3:00 pm BV Strength & Cardio				

Schedule is subject to change. Some classes require a fee and registration. For more information visit our website: hrrmc.com/wellness-u or call 719-530-2057

Wellness U Community Class Descriptions

Strength & Cardio: This 75 minute group class is led by exercise physiologists. Class format includes 45 minutes of aerobic exercise followed by 30 minutes of a group strength training session.

Silver Sneaker's & Renew Active 9:00 am (Tu/Thu): This 60 minute group class is focused on cardio and strength training.

Silver Sneaker's & Renew Active 10:00 am (Tu/Thu): This 60 minute group class is focused on balance and strength training.

Silver Sneaker's & Renew Active Open Gym (M-Thu): Join us for self-guided exercise using Wellness U's gym equipment.

Tai Chi: Tai Chi promotes serenity through gentle, flowing movements; it is often described as meditation in motion

Community Yoga Class: HRRMC's Community Yoga Class is for all levels and focuses on holding poses to relax and release tension in the body and work on participants range of motion and balance.