

March 2023

Exercise Classes



Scan the QR Code or visit:

southcentralfoundation.com/services/physical-therapy-exercise/

MONDAY

Noon-12:50 p.m.
TRX® Strength

1-1:50 p.m.
Living Strong

4:30-5:30 p.m.
**Self Myofascial
Release**

5-5:50 p.m.
F.I.T.

TUESDAY

6:45-7:30 a.m.
Boot Camp

9-9:50 a.m.
**Healthy Back
Strong Core**

10-10:50 a.m.
**Functional
Strength and
Balance**

11-11:50 a.m.
Yoga

Noon-12:50 p.m.
Pilates

WEDNESDAY

10-10:50 a.m.
Yoga

Noon-12:50 p.m.
Boot Camp

Noon-12:50 p.m.
Spin

12:10-1:00 p.m.
**Outdoor
Cross-country
Skiing Class**

1-1:50 p.m.
Living Strong

THURSDAY

6:45-7:30 a.m.
Boot Camp

10-10:50 a.m.
**Functional
Strength and
Balance**

11-11:50 a.m.
Yoga

Noon-12:50 p.m.
Boot Camp

5-5:50 p.m.
**Self Myofascial
Release**

FRIDAY

Noon-12:50 p.m.
Boot Camp

Noon-12:50 p.m.
Spin

March 2023 Exercise Classes

Boot Camp

Designed to improve strength and endurance with a fun mixture of cardio bursts, plyometrics, core, strength, and body weight trainings. Modifications can be made for any level.

F.I.T. (*Functional Intergrated Training*)

A dynamic workout that utilizes vitality, performance and reconditioning, kettlebell, and TRX® equipment to improve balance, agility, and dynamic strength. Reach goals such as weight management, improved daily functionality, and enhanced sport performance. All movements can be regressed and progressed to meet individual fitness levels and goals.

Functional Strength and Balance

Improve movement, decrease pain, and learn how to exercise anywhere without needing equipment. Learn real life movements to increase your flexibility, strength, and balance all at the same time.

Healthy Back Strong Core

Learn how to relieve back pain while strengthening vital core muscles. A strong core is necessary for quality, functional movement. Learn basic core strength exercises that will help decrease pain and improve quality of life.

Living Strong

Enhance the quality of your life and your ability to be strong and independent by taking part in the Living Strong class. All participants over the age of 45 are welcome.

Pilates/Core

A strong core is essential for proper function, efficient movement, optimal performance, and overall strength and power. Pilates will teach you how to engage your core while challenging your entire body.

Outdoor Cross-country Skiing Class

Cross-country skiing offers a great alternative for staying active and energized during the winter months. Come equipped with your own skis and sign in at the reception desk when you arrive. All abilities welcome. No pre-registration required.

Self Myofascial Release

Myofascial release is a self-massage technique utilized to help relieve pain and tension due to injury or stress. It involves releasing the fascia (*connective tissue*) that surrounds each muscle and interconnects all internal parts of the body. Various instruments are utilized to release muscular tension.

Spin

A high-intensity aerobic workout that simulates outdoor cycling with motivateion and mind/body connection to improve aerobic fitness. This class is high intensity: you will begin sweating after performing the activity for approximately 3-5 minutes; breahiting will become deep and rapid.

TRX® Strength

A complete body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, mobility, and to prevent injuries. You choose the intensity.

Yoga

Looking to relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports? Join this all levels class.