

January

Exercise Classes



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

MONDAY

11-11:50 a.m.
Tabata GXTM

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

11-11:50 a.m.
Yoga

Noon-12:50 p.m.
Boot Camp

Noon-12:50 p.m.
Spin

12:10-1 p.m.
**Cross-Country
Skiing**

1-1:50 p.m.
Living Strong

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

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

1-1:50 p.m.
Chair Yoga

FRIDAY

11-11:50 a.m.
Prenatal Yoga

Noon-12:50 p.m.
Boot Camp

1-1:50 p.m.
**Recover and
Move Better**

CANCELLATIONS

Monday, Jan. 1

All Classes Canceled

Tuesday, Jan. 2

Noon-12:50 p.m.
Pilates

Monday, Jan. 15

All Classes Canceled

Tuesday, Jan. 16

Noon-12:50 p.m.
Pilates



January 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 Integrated 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

Designed to improve strength and mobility. Enhance the quality of your life and your ability to be strong and independent by taking part in the Living Strong class.

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.

Prenatal Yoga

Prenatal yoga is a way to maintain a healthy mind and focuses on strength and flexibility during pregnancy. Prenatal yoga will also teach relaxation poses that can assist in the labor process.

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.

Recover and Move Better

Movement and stretching for recovery.

Spin

A high-intensity aerobic workout that simulates outdoor cycling with motivation 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; breathing 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.

Tabata GXTM

A group fitness class that gives participants a dynamic warm up utilizing full range of movement to get the body prepared for a fun and invigorating interval training class. The intervals will include progressive HIIT (High-intensity Interval Training), max interval, and mixed intervals. The class will also include one group or partner game to create camaraderie, community, and connection. Tabata GXTM is not a HIIT program.

Chair Yoga

This is a trauma informed yoga class to improve posture, range of motion, balance, and body confidence. This yoga class uses supports such as chairs, stability balls, yoga blocks, yoga straps, and bolsters to make yoga poses accessible to all bodies and abilities.

Cross-country Skiing

Physical Therapy, Occupational Therapy, and Exercise is hosting an outdoor cross-country ski class. Come equipped with your own skis. All abilities welcome and no pre-registration required.