

Classes/activities held at the Wellness Center. For info, contact JoAnna @ 771-6763. (Note: all classes/dates/times are subject to change and/or cancellations at any time).

Tamaya Wellness Program MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	10am Water Aerobics DM Clinic Ed 9-330pm 1215pm FITT 30 4pm Core/TB 6pm Yoga	930am Aging Well 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	630am Sunrise Yoga 1215pm FITT 30 1pm Senior Fitness 4pm Core/TB	930am Aging Well Nutrition Booth 9-12pm 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	845am Senior Fitness 10am Water Aerobics 1215pm FITT 30 NO TRX Circuit	10-11am Small Group Training CWR
8	9	10	11	12	13	14
	10am Water Aerobics 1215pm FITT 30 5pm Core/TB 6pm Yoga	930am Aging Well 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	630am Sunrise Yoga Nutrition Booth 11-2pm 1215pm FITT 30 1pm Senior Fitness 5pm Core/TB 6pm Form/Technique	930am Aging Well 1215pm FITT 30 DM Ed 430-7pm (CWR) 6pm BootCamp 7pm Biggest Loser	845am Senior Fitness 10am Water Aerobics 1215pm FITT 30 6pm TRX Circuit	
15	16	17	18	19	20	21
	10am Water Aerobics DM Clinic Ed 9-330pm 1215pm FITT 30 5pm Core/TB 6pm Yoga	930am Aging Well 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	630am Sunrise Yoga 1215pm FITT 30 DM Support Group 1pm 5pm Core/TB 6pm Form/Technique	930am Aging Well 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	845am Senior Fitness 10am Water Aerobics 1215pm FITT 30 6pm TRX Circuit	10-11am Small Group Training CWR
22	23	24	25	26	27	28
	10am Water Aerobics 1215pm FITT 30 5pm Core/TB 6pm Yoga	930am Aging Well 1215pm FITT 30 6pm BootCamp 7pm Biggest Loser	630am Sunrise Yoga 1215pm FITT 30 1pm Senior Fitness 5pm Core/TB 6pm Form/Technique	930am Aging Well 1215pm FITT 30 DIY Pizza Demo 6-7 6pm BootCamp 7pm Biggest Loser	845am Senior Fitness 10am Water Aerobics 1215pm FITT 30 6pm TRX Circuit	
29	30	31			<p>Stop by the Clinic, Cardio Weight Room (CWR), or program office upstairs for more information on this month's topics (dates/times noted above)</p> <p>*Intermittent Fasting *Diabetes Superfoods *DIY Pizza Demo</p>	
	10am Water Aerobics 1215pm FITT 30 5pm Core/TB 6pm Yoga	930am Aging Well 1215pm FITT 30 Nutrition Booth 2-4pm 6pm BootCamp 7pm Biggest Loser				

Class Descriptions

AGING WELL 60 minutes Beginner	Fun moves, fun music, and good times await you in this non-intimidating class. Work at your own pace and get help with movements that are designed to mimic the activities of daily living. This class is perfect for older adults who want to stay active or anyone NEW to exercise.
BIGGEST LOSER 45 minutes All Levels	A 45 minute class designed specifically for participants registered in the Biggest Loser promotion. Class format will vary- Stop by the Fitness Office or call Judy Parra @ 771-6744 for more info. Participants must attend one BL class per week.
BOOTCAMP 60 minutes Intermediate-Advanced	This class does it all...strength, cardio, stretch and more. Each class will incorporate a variety of exercise to target all muscle groups, exercises may consist of body weight training, dumbbells, weight bars, resistance bands, and more. Join others to stay motivated and get lean and strong.
CORE/TB 30 minutes Intermediate-Advanced	This core and total body strength includes a variety of exercises targeting the glutes, hips, thighs, abs, and back. Techniques change from exercise to exercise and include slow, heavy training, fast-paced endurance exercises and core moves that challenge balance, stamina, and stability.
DIABETES CLINIC EDUCATION	If you have 10-15 minutes to spare, stop by the Clinic Conference Room anytime between the hours posted to get information for you or your family members that will help manage diabetes. Topic: Diabetes Superfoods *Support Group will be held at the TWC in Meeting Rm #120. (Wellness Program Staff: Kathryn Herrera)
FITT 30 30 minutes All Levels	The FITT principle (Frequency, Intensity, Time, and Type) is a simple set of rules for getting the most out of an exercise program. For each class, these components are manipulated to increase fitness, get past plateaus in weight loss or strength, and prevent boredom. Workouts are always changing and never get boring! Get FITT in 30 minutes
FORM/TECHNIQUE 60 minutes All Levels	You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Incorrect training form/ technique can lead to strains or other painful injuries that may hamper your efforts. Get feedback from a trainer and lift properly to achieve better results! Class will be held in the cardio weight room.
SENIOR FITNESS 15 minutes Beginner	Join us for fun fitness favorites for seniors: seated stretch/cardio/strength. This month we'll focus on getting out of the chair and working the heart and body muscles. Classes are open to all seniors.
TRX Circuit 45-60 minutes All Levels	TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Class will be held in the northwest corner of the gym.
WATER AEROBICS 60 minutes All Levels	Water exercise is great for all physical levels; helps build strength, cardio endurance, and burns calories all while being easy on the joints. This low-impact, therapeutic exercise has been shown to benefit improvements in health. Class provided by TWC Lifeguards. For questions, call 771-6372.
YOGA (60 mins) SUNRISE YOGA (30 mins) All Levels	Develop body awareness, learn basic postures, proper alignment, sequence breath and movements, and become familiar with the connection to your physical and energetic body. Transform your mind and body. SUNRISE YOGA: A 30 minute class designed to wake you up and get you feeling energized to start the day!
SMALL GROUP TRAINING 60 minutes All Levels	Join us in the Cardio Weight Room for a Saturday workout that utilizes free weights, treadmills, ellipticals, rower, stationary weight equipment and more. Working out is always helpful when you're not doing it alone. Class to be held every other Saturday.