

Arthur & Gloria Muselman Wellness Pavilion
“*Changing Lives Now!*”

Fitness Class Descriptions:

Fitness Classes are offered for members of the Arthur & Gloria Muselman Wellness Pavilion for no additional charge, unless stated otherwise.

Arthritis H₂O Class:

This gentle warm water class is designed for those with arthritic joints and aches and pains. No bouncing involved, we will take each joint through its complete ROM (Range of Motion) to increase flexibility and decrease pain to improve your quality of life by making daily activities easier. No swimming abilities needed.

Body Works

This class combines cardio and strength training exercises that will push you to perform no less than your best. Moves from the hit T.V. show *Biggest Loser* help to inspire this 30 minute intense workout while focusing on total body conditioning. This is an advanced class that will allow for your body to reach its greatest potential. No rhythm needed!

Cardio Kick

Let exercise physiologist Sarah Conrad show you how to vamp up your workout! This class will offer a whole new way of getting that heart rate up while strengthening your lower legs, hips, and core muscles. This class will not only work to improve your cardio endurance, but also your strength, balance, flexibility, and coordination as well!

Cardio & Tone:

Join us bright and early to rev up your metabolism by combining easy to follow cardio routines along with weight training intervals. Then we will take it to the core for a whole new workout!

Core Class:

Stop in for a shorter class that focuses on strengthening the entire core. We will use stability balls along with the best core exercises from many disciplines of fitness including Pilates, Yoga, and other weight training secrets. Boredom is out of the question. This is not your ordinary abs class!

Evening Stretch

After a day filled with stress, tension, or pain give your muscles a treat. Relax and sleep better than ever as you end your day with these long, steady stretches.

H.A.B.I.T

Hips, Abs, Buns and Incredible Thighs - the class name says it all. Join Stacy for a no-nonsense ½ hour of pure strength moves to tone up all your trouble areas. We will use a variety of different fitness equipment along with our own body weight to effectively target the lower body.

Outdoor Walk / Jog

Walk at your own pace around the Swiss Village campus. This 2 mile walk will keep your heart healthy and bones strong. Whether you desire a leisure stroll, a brisk heart-pumping walk, or possibly that jogging thing; you will be encouraged as you work toward your goals!

Piyo

Let our certified Piyo instructor show you how to combine Pilates with Yoga and other dance type moves to help ease stress and relax. This class will also work to improve your flexibility and strength while toning your overall body in one amazing class! No prior experience needed.

Senior Yoga:

This intermediate level class will focus on increasing your flexibility, balance, and make you aware of proper breathing techniques. It will focus on stretching a variety of muscles and also will challenge your balance. Class will be taught in both a standing and seated position.

Senior Chair Aerobics

This low impact class requires no balance or coordination as we work to slowly increase your heart rate from a comfortable, yet safe position. This class is great for post rehab members looking to sustain progresses made, seniors, and new exercisers alike. Come try it out and learn new ways to effectively improve your overall health.

Shape Up Toning

Join us for this no-rhythm-needed class that will work to sculpt and tone your muscles in a whole new way. This class will utilize your own body weight, Bosu balls, free weights, and more to get the most of your strength training workout. Let this class help rediscover some of those muscles that have been hiding for years!

Super Kids

“Super Kids Dare to be Healthy” is a program sponsored by the Adams Memorial Hospital, Parks and Recreation, Purdue Cooperative Extension of Adams County, and the Arthur & Gloria Muselman Wellness Pavilion. It addresses nutrition, physical activity and behavioral health. Children ages 6 – 12 years old can enjoy learning to make healthier lifestyle choices while interacting with their peers. This class will help adolescents make educated decisions when it comes to choosing snacks, lifestyle behaviors and exercise practices. Students compete amongst themselves to earn rewards such as movie tickets, skating passes, gift certificates and much more! For more information, stop by the Wellness Pavilion or call Colleen Culp at 260.724.2145 ext. 2256. Classes will meet twice a week and **are available for an additional charge for both members and non-members; scholarships are available!** Space is limited so sign your child up early!

Water Aerobics:

Join our excellent WSI certified instructors in the shallow end of the pool for a cardio and strength training class that is easy on the joints but big on calorie burning. NO swimming ability needed. Great for beginners and seasoned exercisers alike!

Water Toning / Core Class

Join one of our certified Water Safety Instructors for this shallow water toning class designed to use the water’s resistance and buoyancy to effectively help tighten and tone those trouble spots, including core muscles of the abs and back! No Swimming Ability needed.

Water Walking

Leave your gym shoes in the closet and hit the pool for a walk in the water. Water supports your weight, reducing stress on joints and minimizing pain. It’s also a great workout. Water provides 12 times the resistance of air; as you walk you’re strengthening and building muscle mass. Join us in the pool for a fun workout!

******Classes are subject to change due to participation and levels of interest.***