

# ARUP WELLNESS CENTER

## Group Exercise Calendar

Classes Begin 02/03/25

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	<b>FOAM ROLL &amp; STRETCH</b> 9:00 a.m.—9:25 a.m. Katie <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>				
10:00-11:00			<b>CHAIR YOGA</b> 10:00 a.m.—10:10 a.m. Melissa <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i> <b>BARRE</b> 10:30 a.m.—10:40 a.m. Melissa <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>		<b>CHAIR YOGA</b> 10:00 a.m.—10:10 a.m. Melissa <i>Virtual Only</i> <b>BARRE</b> 10:30 a.m.—10:40 a.m. Melissa <i>Virtual Only</i>
11:00-12:00	<b>INTERMEDIATE STRENGTH TRAINING</b> 11:00 a.m.—11:30 a.m. Katie <i>Carl Kjeldsberg Wellness Center</i> <i>On-site Only</i>		<b>CORE &amp; STRETCH</b> 11:00 a.m.—11:25 a.m. Melissa <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>	<b>INTERMEDIATE STRENGTH TRAINING</b> 11:00 a.m.—11:30 a.m. Katie <i>Carl Kjeldsberg Wellness Center</i> <i>On-site Only</i>	<b>LEARN TO LIFT</b> 11:30 a.m.—11:40 a.m. Katie <i>Virtual Only</i>
12:00-1:00	<b>MOVE &amp; STRETCH</b> 12:00 p.m.—12:25 p.m. Melissa <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>	<b>RESTORE YOGA</b> 12:00 p.m.—1:00 p.m. Dominique <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>		<b>AFTERNOON STRETCH</b> 12:00 p.m.—12:25 p.m. Melissa <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>	<b>FLOW YOGA</b> 12:00 p.m.—1:00 p.m. Dominique <i>Carl Kjeldsberg Wellness Center</i> <i>On-site &amp; Virtual</i>
1:00-2:00	<b>PILATES</b> 1:00 p.m.—2:00 p.m. Kate <i>Virtual Only</i>		<b>PILATES</b> 1:00 p.m.—2:00 p.m. Leia <i>Virtual Only</i>		

# ARUP WELLNESS CENTER

## Group Exercise Class Descriptions

### AFTERNOON STRETCH

An afternoon stretch is a gentle, mindful practice designed to release tension and refresh the mind after a busy morning. A blend of stretches and yoga poses that help target key areas of tension and tightness, such as the neck, shoulders and back. Some breath work may be included to help alleviate stress and improve focus.

### BARRE

Beginner-friendly moves that incorporate a low-intensity strength hybrid of ballet, Pilates, and yoga while building upon muscle endurance. No equipment or experience necessary. Please dress comfortably; shoes are optional.

### CHAIR YOGA

A blend of physical and mental balance with poses to improve strength and mobility with the support of a chair. Providing you a pause in your day to breathe and reset.

### CORE & STRETCH

Strength class focused on the entire core followed by stretching.

### FLOW YOGA

A flow sequence linking breath and postures to improve strength and mobility. Mindful movement that feels best to you and is available to all levels. Yoga mat recommended.

### FOAM ROLL & STRETCH

A low intensity recovery focused class designed to relieve tight muscles and increase flexibility. Please bring a water bottle and wear comfortable clothing. If you are joining virtually please have a foam roller on hand.

### INTERMEDIATE STRENGTH TRAINING

Strength training class that utilizes free weights designed to increase muscular strength and size. This class is a great option if you already have some strength training experience. Please dress comfortably and bring a water bottle. Flat-soled athletic shoes are recommended.

### LEARN TO LIFT

Learn a new lift every week! We will cover what muscle the exercise works how to execute the exercise with proper form and answer any question you may have. Have a set of dumbbells handy to practice along with a coach.

### MOVE & STRETCH

Including a variety of formats with intervals, strength, and more followed by stretching to target flexibility and mobility! Comfortable dress and athletic shoes are recommended.

### PILATES

Low-impact class designed to enhance core strength, flexibility, and body awareness using a mat and body weight. This class is adaptable to all fitness levels. Yoga mat and comfortable clothing are recommended.

### RESTORE YOGA

A gentle form of yoga where poses are held for a longer duration with the support of props, and movement between positions is slow and controlled.