

While we are beached...

Alternative activities for our water fitness participants, water instructors & water friends...

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>8:00 Low Impact Mix it Up (Chair based exercise) In the mini gym Hosted by: Donna <i>You may want to try this if you usually participate in Aquanastics.</i></p>		<p>8:30-10:30 Wet Your Whistle Wednesdays (Coffee, Tea, Smoothies - Special Speakers) In the gym Hosted by: Instructors <i>All our water friends are welcome!</i></p>		<p>8:00 Low Impact Mix it Up (Chair based exercise) In the mini gym Hosted by: Kathy T <i>You may want to try this if you usually participate in Aquanastics.</i></p>
<p>9:00 Walk & Stretch @ Sofios Park (Track if rain) *Pet friendly (Only @ Park) Hosted by: Deep Water Instructors <i>You may want to try this if you usually participate in Deep Water.</i></p>		<p>SPEAKER SCHEDULE: <i>(Watch website for Updates!)</i> 8/2 - TBA 8/9 - Mad About Maddie & Life in Australia 8/16 - TBA 8/23 - Family Health Services <i>(Screenings & Nutrition Information)</i> 8/30 - Learn about Hobby Bee Keeping <i>(w/ Deb Divers)</i> 9/6 - Who were the Ernsthause's? <i>(w/ Cliff Cannon)</i> 9/13 - TBA 9/20 - Pickle-what? Learn about Pickleball! 9/27 - Painting w/Summer Braddok <i>(Enjoy her art, hear her story & create with her! - RSVP by 9/20 if you'd like to paint, also).</i></p>	<p>9:30-11:30 Water Flex & Friends Weekly Check-In (Sit, chat and catch-up) In the gym Hosted by: Ruth <i>Water Flex & friends are welcome!</i></p>	<p>9:00 Walk & Stretch @ Sofios Park (Track if rain) *Pet friendly (Only @ Park) Hosted by: Deep Water Instructors <i>You may want to try this if you usually participate in Deep Water.</i></p>
	<p>10:30 Fall Prevention Workshop In the gym Hosted by: Angie <i>All our water friends are welcome!</i></p>			

AND/OR try some of our SilverSneakers brand and low-impact land based classes.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	8:00-8:45A SilverSneakers Classic	8:00-8:45A SilverSneakers Yoga	8:00-8:45A SilverSneakers Classic	
	9:15-10:15A Move & Groove w/Angie		9:15-10:15A Zumba	
10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch w/Mardi	10:30-11:15A SilverSneakers Circuit	10:30-11:15A Yoga Stretch w/Mardi	10:30-11:30A Move & Groove w/Angie
	11:30-12:30 Line Dance Club			
11:45-12:30P SilverSneakers Yoga	(All levels welcome)	11:45-12:30P SilverSneakers Yoga		11:45-12:30P SilverSneakers Yoga

PRICE:

Outdoor Activities: Free for all

Indoor Activities: Free SS/RA/Active Mem

\$1 Non-Mem/"Frozen" Mem



419-663-6775
norwalkrec.com

MOVE & GROOVE This is a lower impact/lower intensity dance based class to keep you moving and having fun.

SILVERSNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVERSNEAKERS CIRCUIT Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SILVERSNEAKERS YOGA This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

YOGA STRETCH Full body stretching techniques that incorporate both dynamic elements - moving flows AND/OR static elements - exercises held longer to help lengthen, relax & improve flexibility.