

50 NORTH January, February & March 2025

Wellness Center Classes

	M	T	W	TH	F	S
^T Body Blast	*8:30am		*8:30am		*8:30am	
EnhanceFitness®		*8:30am		*8:30am		
^T SilverSneakers® Classic	*9:45am		*9:45am			
SilverSneakers® Yoga	9:45am *11:00am	*9:45am *11:00am	*11:00am	*9:45am	*9:45am	
Yoga Fusion	12:00pm		2:30pm	5:00pm	11:00am	
^T Parkinson's Class		11:00am		11:00am		
^T Seated Strength and Stretch	*1:00pm		*1:00pm			
^T Balance and Strength		*1:00pm		*1:00pm		
^T Standing Stronger					*1:00pm	
Body Toning	1:15pm		1:15pm			
GeriFit®		1:30pm		1:30pm		
^T Cardio Drumming	5:30pm		2:30pm		11:00am	
Cycling/Flex/Core	5:30pm		5:30pm			
^T Power-Up Combo		6:00pm		^T 6:00pm		
SilverSneakers® Enerchi						10:00am
Yoga Flow						10:00am
**Wellbeats™ 2	Open 2:45-5:15p	Open 4-5:45p	Open 3:45-5:15p	Open 2:45-4:30p		Group class 9:00am

Alternate Saturdays ↑↓

***Classes are offered also via ZOOM. Additional classes added for winter months. Contact the Wellness Center to be added to the email list for Zoom Classes.**

^(T)Held in track

Wellness Center Group Exercise Classes are available to Wellness Center members. **Classes subject to change. **Wellbeats™ —See staff for class schedule**

^(T)**BodyBlast** (45 min.) A full body HIIT workout that involves cardio and resistance training.

Enhance®Fitness (45 min.) An evidence-based group exercise class offering a full aerobic workout with cardio, strength, balance, and flexibility exercises. Arm and ankle weights are available for strength training.

^(T)**SilverSneakers® Classic** (45 min.) Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga (45 min.) Seated and standing yoga poses to increase flexibility, balance and range of motion.

Yoga Fusion (45 min.– 1 hr.) Relax your mind with a mix of yoga techniques, traditional stretching, Pilates, and core and muscle strengthening exercises with standing and floor work.

^(T)**Parkinson's Exercise Class** (45 min.) Designed for individuals with Parkinson's Disease, this class focuses on exercises to improve balance, posture, strength, walking, cognition, and cardiovascular health. Exercise may help slow progression of PD-related changes.

^(T)**Seated Strength and Stretch** (30 min.) A seated class offering full body strength & core conditioning, posture & stretching. Wheelchairs are welcome.

^(T)**Balance & Strength Class** (30 min.) A seated and standing chair-based class focused on improving balance, strength, and bone health using hand weights and tubing. Arrive early or stay after class for a 5-minute walk or bike (walkers and walking sticks available).

^(T)**Standing Stronger** (30 min.) A class focused on building strength for greater independence, helping participants move from seated to standing positions. Suitable for those working toward standing independently.

Body Toning (45 min.) Full body toning and core strengthening class with light cardio.

Ger-Fit® (45 min.) An evidence-based strength training class for older adults focused on increasing strength, balance, coordination, flexibility, and motor skills. Exercises, mostly done seated with dumbbells, can help reduce arthritis symptoms and support chronic disease management.

^(T)**Cardio Drumming** (45 min.) Drum to the rhythm of music. Class can be done seated or standing.

Cycling/Flex/Core (1 hr.) Cycling integrated with elements of yoga, resistance training or Pilates.

Power-up Combo (45 min.) Different class formats from toning, cardio, weight training, circuit, or bootcamp style.

SilverSneakers® EnerChi (45 min.) Seated or standing tai chi movements in flowing sequence to progress strength, balance and focus.

Yoga Flow (45 min.) Continuous flow of movement and breath with a focus on balance, stretching, strength, and developing inner peace. Chair option available.

Wellness Center Memberships for 2025: (Sales tax included)

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|------------------------------------|------------------------------------|
| Annual Membership: | 6- Month Membership: |
| • \$186.97 —Single | • \$123.49 —Single |
| • \$311.60 —Household (two) | • \$223.55 —Household (two) |

Daily Fitness Pass: **\$11.00 per day** *(must be a 50 North Member)*

**Reduced rates available through our financial assistance program. (Applications available at the Member Service Desk and website)*

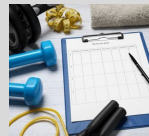
**A 3% processing fee will be applied when paying with a credit card. Debit cards not accepted. Checks payable to 50 North.*



Contact Wellness staff to find out if you qualify for these membership benefits.

Personalized Guidance

Our experienced staff is dedicated to helping you achieve your fitness and wellness goals. We offer complimentary exercise plans tailored to all fitness levels, whether you're just starting out or already physically fit. Let us help you reimagine your wellness goals and create a personalized health plan that fits your unique needs.



Track 19 lap/mile

Track is closed on Tuesdays from 11-12pm for Parkinson's exercise class.



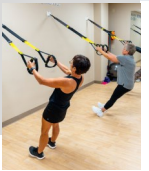
Key cards can be signed out daily at the Wellness Welcome Desk at no charge. A personal key card or fob can be purchased for **\$7.00** or **\$9.00**.

VIBEPLATE™

Enhance your flexibility, stability, and mobility with VibePlate™ training, designed to increase muscle density and strength. Be sure to consult your physician regarding any health concerns before use.



Healthy Living Nutrition Coaching & Personal Training



See Wellness Staff to obtain interest form to schedule your Free consultation appointment with one of our Personal Trainers. Different packages are available. See Wellness Staff for available packages and pricing. Must be Wellness Center member.

NEW! SMARTfit® *Your Brain Matters*



A gamified training technology for individuals with Parkinson's and other neurocognitive conditions, designed to boost cognitive function and physical mobility by improving brain-body coordination. SMARTfit® focuses on high-repetition exercises to enhance physical, cognitive, and dual-task performance, rebuilding neural pathways essential for daily functioning. Contact Wellness staff for pricing and interest forms.

Wellbeats

Caters to every member's needs and interest with on-demand, virtual workouts for every age, gender, interest, or ability level with the feeling of a live experience.

Wellbeats™ 1—located in Multi-Purpose Studio
Wellbeats™ 2—located in Group Exercise Studio
**Obtain room availability schedule at Wellness Center.*



**Staff available to assist*

HYDROMASSAGE

Experience a therapeutic massage using water and pressurized jets to relax muscles and soft tissue. Wellness Center membership must be current to utilize the Hydromassage. *Appointments required.*



6 months...\$44.41
1 year...\$66.61
Per visit...\$6.00

**Nonrefundable (Sales tax included)*

Wellness Center Hours

Monday-Thursday 7am-7pm

Friday 7am-5pm

Saturday 7am-12pm

Contact us at 567-429-8382



Use the QR Code to visit the 50 North website!

