

# McLean Wellness

75 Great Pond Road  
860-658-3750



## CALENDAR: WINTER 2017



Simsbury, CT 06070

LOCATION	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GYM (*SS)</b>	2:30-6:00 pm	2:30-6:00 pm	2:30-6:00 pm	2:30-6:00 pm	2:30-5:00 pm	7:30-10 am
<b>POOL</b>	THERAPY 7:45 am	OPEN 7:45-9:00 am <b>(*SS)</b>	THERAPY 7:45 am	OPEN 7:45-9:00 am <b>(*SS)</b>	THERAPY 7:45 am	OPEN 7:30-10:00 am <b>(*SS)</b>
	CARDIO FIT 8:45 am		CARDIO FIT 8:45 am		CARDIO FIT 8:45 am	
	CARDIO WELLNESS 9:45 am	WATER TONING 9:15-10:00 <b>(*SS)</b>	CARDIO WELLNESS 9:45 am	WATER TONING 9:15- 10:00 <b>(*SS)</b>	CARDIO WELLNESS 9:45 am	
	ARTHRITIS Aquatic Class 10:45	OPEN 10:15-12 <b>(*SS)</b>	ARTHRITIS Aquatic Class 10:45	OPEN 10:15-12 <b>(*SS)</b>	ARTHRITIS Aquatic Class 10:45	
	THERAPY 12:30-2:30 pm		THERAPY 12:30-2:30 pm		THERAPY 12:30-2:30 pm	
	OPEN 2:30-5:00 pm <b>(*SS)</b>	WATER TONING 3- 3:45 <b>(*SS)</b>	OPEN 2:30-5:00 pm <b>(*SS)</b>	WATER TONING 3-3:45 <b>(*SS)</b>	OPEN 2:30-4:30 pm <b>(*SS)</b>	
		OPEN 4-5:00 pm <b>(*SS)</b>		OPEN 4-5:00 pm <b>(*SS)</b>		
	HYDRO FIT 5:15 pm	CARDIO BLAST 5:15 pm	HYDRO FIT 5:15 pm	CARDIO BLAST 5:15 pm		
<b>LAND CLASSES</b> Held in Burkholder	SilverSneakers <b>CLASSIC (*SS)</b> 10-10:45 am			SilverSneakers <b>CLASSIC (*SS)</b> 10:00-10:45 am	SilverSneakers <b>CIRCUIT (*SS)</b> 10-10:45 am	
	<b>STEADY ON YOUR FEET</b> 11-11:45 am	SilverSneakers <b>YOGA (*SS)</b> 12:45-1:30 pm		SilverSneakers <b>YOGA (*SS)</b> 12:45-1:30	<b>STEADY ON YOUR FEET</b> 11-11:45 am	

**\*SS: Available to SilverSneakers® Members. All SilverSneakers classes, open pool or gym sessions, and the Steady on Your Feet exercise class are free for residents of McLean Village. Attendance limited for the safety of participants.**

# McLean Wellness

75 Great Pond Road  
860-658-3750



## CALENDAR: WINTER 2017



Simsbury, CT 06070

When inclement weather interferes with safe of transportation to or from the Mclean Wellness Center, we will notify the public of cancellations though the voice message greeting. Please call if you have questions or concerns.

### Land Class Descriptions (held in the Hartford Room in the Burkholder

- Steady on Your Feet class is designed to improve balance through seated and standing strengthening and flexibility exercises.
- SilverSneakers Classic: Move to music through a variety of seated and standing exercises designed to increase overall strength and range of movement.
- SilverSneakers Yoga: move your whole body through a series of seated and standing yoga poses. Designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity.
- SilverSneakers Circuit: Combine upper body strength work with low impact aerobic exercise to increase endurance. Chair used only for standing support, stretching and relaxation. You must be able to be moving on your feet for at least 30 minutes.

### Aquatic Class Descriptions

- Arthritis Plus: This exercise program is designed to develop flexibility and strength as well as functional endurance.
- Cardio-Fit: A total body workout to increase cardiovascular endurance. Resistive equipment is used for upper body strengthening
- Cardio-Wellness: A moderate cardiovascular program. Participants should be comfortable with jogging and moving in the water.
- Cardio-Blast: A moderate to advanced cardiovascular workout and will include a variety of fitness equipment use.
- Hydro Fitness: This high intensity class with an aerobic segment and muscle endurance. Equipment is used to intensify the workout.
- Water Toning: A low intensity class designed for toning and conditioning of major muscle groups, with a small endurance component.

<u>Fees</u>	<u>Monthly</u>	<u>Annual</u>
Open Pool	\$35	\$365
Gym only	35	365
2 classes per week	50	513
2 classes/week +gym & opens	55	570
Gym + open pool	55	570
3 classes per week	70	741 (this includes gym and open use)
Drop in for pool and gym programs:		\$ 8 per visit

**McLean Wellness**

75 Great Pond Road

860-658-3750



**CALENDAR: WINTER 2017**



Simsbury, CT 06070

Registration begins 1 week prior to the month. We must have a minimum of 4 members per class. Please call ahead for class availability.