

# McLean Wellness

860-658-3750

## CALENDAR: WINTER 2020

Closing at 12pm Dec 24th, 26<sup>th</sup> & 31<sup>st</sup> 2019

Closed on Dec. 25<sup>th</sup> & Jan. 1<sup>st</sup> 2020

75 Great Pond Road

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   | 2:30-5:00 pm   | 2:30-5:00 pm                            | 7:30-10 am                            |
| <b>POOL</b>                                  | THERAPY<br>7:45 am                                       | OPEN<br>7:45-9:00 am<br><b>(*SS)</b>    | THERAPY<br>7:45 am                                       | OPEN<br>7:45-9:00 am<br><b>(*SS)</b>                     | THERAPY<br>7:45 am                      | OPEN<br>7:30-10:00 am<br><b>(*SS)</b> |
|  | CARDIO FIT<br>8:45 am                                    |   | CARDIO FIT<br>8:45 am                                    |  | CARDIO FIT<br>8:45 am                   |                                       |
|  | CARDIO WELLNESS<br>9:45 am <b>(*SS)</b>                  | WATER TONING<br>9:15-10:00 <b>(*SS)</b> | CARDIO WELLNESS<br>9:45 am <b>(*SS)</b>                  | WATER TONING<br>9:15- 10:00 <b>(*SS)</b>                 | CARDIO WELLNESS<br>9:45 am <b>(*SS)</b> |                                       |
|  | ARTHRITIS Aquatic<br>Class 10:45                         | OPEN<br>10:15-12 <b>(*SS)</b>           | ARTHRITIS Aquatic<br>Class 10:45                         | OPEN<br>10:15-12 <b>(*SS)</b>                            | ARTHRITIS Aquatic<br>Class 10:45        |                                       |
|  | THERAPY<br>12:30-2:30 pm                                 |   | THERAPY<br>12:30-2:30 pm                                 |  | THERAPY<br>12:30-2:30 pm                |                                       |
|  | OPEN<br>2:30-5:00 pm<br><b>(*SS)</b>                     | WATER TONING<br>3- 3:45 <b>(*SS)</b>    | OPEN<br>2:30-5:00 pm<br><b>(*SS)</b>                     | WATER TONING<br>3-3:45 <b>(*SS)</b>                      | OPEN<br>2:30-4:30 pm<br><b>(*SS)</b>    |                                       |
|  |  | OPEN<br>4-5:00 pm <b>(*SS)</b>          |  | OPEN<br>4-5:00 pm <b>(*SS)</b>                           |   |                                       |
| HYDRO FIT<br>5:15 pm                         | CardioBlast<br>5:15p                                     | HYDRO FIT<br>5:15 pm                    |  |  |   |                                       |
| <b>LAND CLASSES</b><br>Held in<br>Burkholder | SilverSneakers<br><b>CLASSIC (*SS)</b><br>10-10:45 am    |   |  | SilverSneakers<br><b>CLASSIC (*SS)</b><br>10:00-10:45 am |   |                                       |
|  | <b>STEADY and FIT</b> 11-<br>11:45 am                    |   | <b>STEADY AND FIT</b> 11-<br>11:45 am                    |  |   |                                       |
|  | SilverSneakers <b>YOGA</b><br><b>(*SS)</b> 12:45-1:30 pm |   | SilverSneakers <b>YOGA</b><br><b>(*SS)</b> 12:45-1:30 pm |  |   |                                       |

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

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

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

- Steady and Fit 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 and relaxation exercises promotes stress reduction and mental clarity.

**Aquatic Class Descriptions**

- Arthritis Aquatic : 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. Tuesdays only.
- 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.

| <b>Fees</b>                         | <b>Monthly</b> | <b>Annual</b>                                    |
|-------------------------------------|----------------|--|
| Open Pool                           | \$40           | \$400  |
| Gym only                            | 35             | 365  |
| 1 time per week class (CardioBlast) | 35             | 365  |
| 2 time per week classes             | 50             | 513  |
| 2 times/week classes+gym & opens    | 55             | 570  |
| Gym + open pool                     | 55             | 570  |
| 3 times/week classes                | 70             | 741 (annual rate also includes gym and open use) |
| Drop in for pool and gym programs:  |                | \$ 10 per visit                                  |

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