



BOUNDLESS

Exercise Class Calendar

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	Tai Chi	Muscle Toning	Balance & Agility	Muscle Toning	Cardio Drumming
11:00 am		Gentle Yoga	Line Dancing	Strength Training for Golfers*	
3:45 pm	Total Body Workout				
4:15 pm				Total Body Workout	
5:00 pm			Hatha Yoga		

*The Golf Series begins April 3 and runs for four weeks. There is a \$20 fee for this class. Advance sign up required.

Class sizes are limited. Advance sign up by phone is required.

Please call **860-658-3750** to reserve your spot.

Visit McLeanCare.org/Campus-Life/Wellness to see the current fitness class schedule.



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Class Descriptions

Gentle Yoga

Gentle Yoga is practiced primarily seated with some standing stretches and balancing poses. Its focus is on alignment, breath, and mindfully flowing postures. It's suitable for beginners, people with limited flexibility or mobility, and those looking for a restorative practice.

Hatha Yoga

This is a slower, more accessible style of yoga that focuses on mindful movement, breathing, and relaxation. Sequences contain standing and supine poses. It's designed to be gentle on the body, making it suitable for beginners, people with limited flexibility or mobility, and those looking for a restorative practice.

Tai Chi

Tai Chi is a slow and flowing sequence of movement to improve balance and focus, followed by guided meditation. This class is performed in both seated and standing positions.

Cardio Drumming

Cardio Drumming is a fun and lively class using large exercise balls as drums. Under the guidance of the instructor, follow along to the music using upbeat choreography that will challenge both the body and the mind.

Muscle Toning

Muscle Toning is a multi-level class focusing on whole body strength and conditioning. Improve your stamina, agility, and balance through a variety of resistance-based exercises using balls, bands, and weights.

Balance & Agility Class

Enhance balance and agility through specialized exercises and activities.

Line Dancing

Line Dancing combines fun, balance, coordination, and cardio in an upbeat class perfect for all skill levels.

Total Body Workout

Total Body Workout is a complete session combining cardio, strength, and stretching to boost energy, build strength, and enhance flexibility.

Strength Training for Golfers

Improve strength, mobility, and balance through golf-specific station-based exercises. This small group class is designed to enhance swing control, stability, and overall performance. This is a limited-time, fee class; the cost is \$20 for a four-week session.