



# 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		
3:45 pm	Total Body Workout				
4:15 pm				Total Body Workout	
5:00 pm			Hatha Yoga		

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](https://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.

### **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.

### **Yoga with Sound Bath**

Hybrid chair yoga class, a combination of seated, standing and supine poses linking breath and finishing with a sound bath. Movement designed to improve strength, flexibility, and balance. There is an additional fee associated with this class.

### **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.