

A SPLENDID EARTH WELLNESS

GROUP FITNESS CLASS SCHEDULE

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 6:10a B ³ 10:00a Golden Gears 12:10p B ³	3 5:30p Core 6:35p Powerhouse	4 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	5 9:30a Move with Me	6	7
	9 6:10a B ³ 10:00a Golden Gears 12:10p B ³	10 5:30p Core 6:35p Powerhouse	11 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	12 9:30a Move with Me	13	14 8:00a Pound
	16 6:10a B ³ 10:00a Golden Gears 12:10p B ³	17 5:30p Core 6:35p Powerhouse	18 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	19 9:30a Move with Me	20	21 8:00a Pound
	23 6:10a B ³ 10:00a Golden Gears 12:10p B ³	24 5:30p Core 6:35p Powerhouse	25 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	26 9:30a Move with Me	27	28 8:00a Pound
	30 6:10a B ³ 10:00a Golden Gears 12:10p B ³	1 5:30p Core 6:35p Powerhouse	2 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	3 9:30a Move with Me	4	5 8:00a Pound
	7 6:10a B ³ 10:00a Golden Gears 12:10p B ³	8 5:30p Core 6:35p Powerhouse	9 10:00a Golden Gears 12:10p B ³ 6:00p Deep Water Ex	10 9:30a Move with Me	11	12 8:00a Pound

Instructors:

Niccole Kelly



**A Splendid Earth
Wellness**

...where your wellness blooms.

For more information:

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GROUP FITNESS CLASS DESCRIPTION

B³ (Barre, Bands & Balls): This class incorporates barre-based movements, resistance band strength exercises, and stability ball exercises. B³ will work your balance, and coordination. B³ will increase the workload of your musculoskeletal system - creating a big energy demand. Step up to the Barre and get a great and unique workout.

Golden Gears: Your muscles and your bones are the working 'gears' of your body. Over time, the wear and tear from your jobs, injuries, as well as bad postures contribute to painful joints and discomfort when moving and doing daily activities. Golden Gears is designed to improve your muscle and joint range-of-motion, ease your movements, and add some fun to your day. This class teaches you what your body needs, and fun, simple exercises that will improve your movement and decrease your pain. Come learn about your body and learn how to make it stronger, and more functional.

Core: Strength, flexibility, balance, coordination combine to produce functionality - the ability to successfully execute and complete daily tasks and activities. This class will provide corrective exercise movements designed to improve muscle strength, and mobility and stability of the shoulder, hip, knee and ankle joints. Core will also incorporate static and dynamic balance conditioning, and coordinative movements.

Powerhouse: The center, the core, the heart - the driving force or source of power for all the movements that we execute. We need a strong center to support all of our tasks of daily living, from standing upright with correct posture to carrying a load such as groceries or the kids around. If the core is weak we will not have good biomechanical alignment and musculoskeletal stability. Powerhouse is a Pilates-based class utilizing classical mat exercises, as well as barre-based movements, bands and stability balls. This class will teach body awareness and control and long, lean and mobile muscles and joints.

Deep Water Exercise: Dolphin-kick, travelling jacks, flutter-kicks - just a few of the fun movements you'll do in this water-based exercise class. DWE is a cardio and muscle conditioning class combined in 45 minutes of fun. Class is held in SHS Diving Well. Swim/floatation belts are provided.

Move with Me: Inspire your child to enjoy and engage in lifelong healthy activities. Move with Me is a movement-based class, for parents and their children (infant—6 years), developed to assist parents in learning and identifying developmental milestones, teaching you and your child fun movements that improve mobility and stability of joints and muscles, as well as providing a fun, positive and cooperative environment for your child to develop and learn healthy behaviors.

Pound: is a cardio jam class incorporating drumsticks (ripstix) to ROCKOUT while you workout. Fun, energizing music to drive your movements and motivate your enthusiasm. Kick-off your weekend with this Saturday morning workout.

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