

Fitness Class Descriptions

Stretch - Loosen muscles with easy movements. Work out your aches, pains, and strengthen your balance all in one!

Class duration: 30 minutes. Instructor: Abigail.

Cardio Drumming, Level 1 or 2 - Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior “drumming” experience required. **Level 1** is a seated, slower paced class. **Level 2** is a seated or standing, fast paced, challenging class. Class duration: 30-45 minutes. **On Oct. 31st, join us for a Halloween Themed Cardio Drum setlist!** Instructor: Abigail.

Simple Joy Yoga - Gentle Yoga with Certified Instructor Cari Terry. Fully seated movements adjusted for all abilities. Duration: 45 minutes + meditation.

Seated Dance - Elevate your heart rate and work up a little sweat to lively music. If you enjoy Seated Full Body and would like a little more from your workout, this class is for you! Class duration: 30 minutes. Instructor: Diane.

Strength- Similar to the StrongBodies program, this class is a structured, safe, and effective strength-training program targeting the entire body developed by our fitness staff for adults of any age. Class duration: 30 - 40 minutes. Instructor: Abigail.

REGENCY MUSKEGO FITNESS CALENDAR

October 2024



All Fitness classes take place in the Lodge Fitness Center on the 2nd floor. Except for Wednesday Seated Dance, which takes place in the Lodge Lower Atrium.

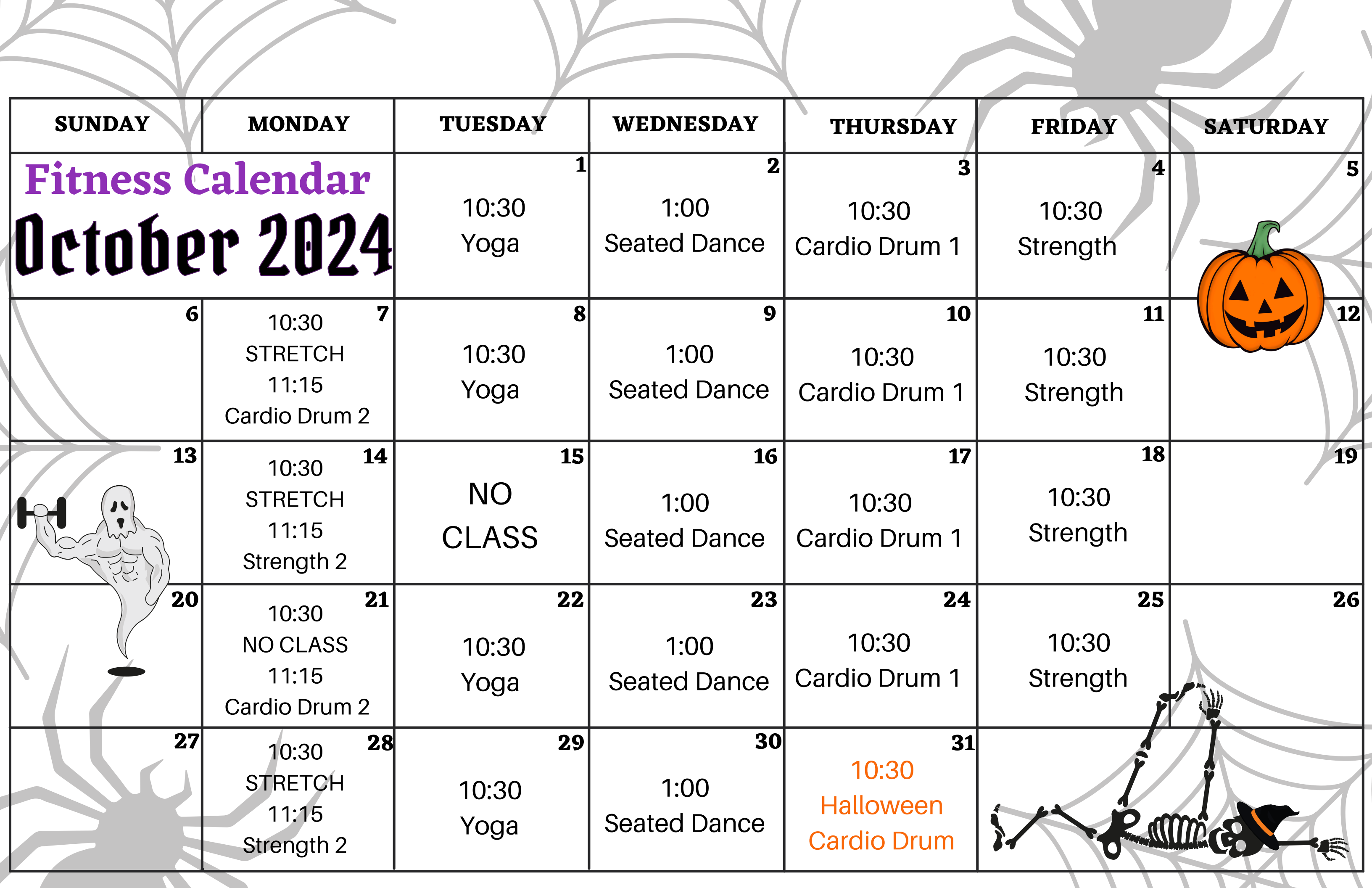


FITNESS

Fitness Coordinator Brooke Balk has taken over fitness for all three Regency locations. Brooke and Abigail Hoffman will be instructing classes again this month. We are still on the hunt for a permanent Muskego Fitness Instructor. Thank you for your patience and for continuing to keep yourself healthy and strong!

NEW CLASS OFFERING! See the Fitness Calendar on Monday's in October for a NEW 11:15am class offering! Classes offered at this time will be of **Level 2 difficulty**; slightly more challenging compared to all other fitness class offerings!

Try out our NEW 1/2 lb and 1 lb wrist weights next time you are in the fitness center! Add a little additional SAFE resistance to your next treadmill walk!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Calendar October 2024		1 10:30 Yoga	2 1:00 Seated Dance	3 10:30 Cardio Drum 1	4 10:30 Strength	5 
6	7 10:30 STRETCH 11:15 Cardio Drum 2	8 10:30 Yoga	9 1:00 Seated Dance	10 10:30 Cardio Drum 1	11 10:30 Strength	12
13 	14 10:30 STRETCH 11:15 Strength 2	15 NO CLASS	16 1:00 Seated Dance	17 10:30 Cardio Drum 1	18 10:30 Strength	19
20 	21 10:30 NO CLASS 11:15 Cardio Drum 2	22 10:30 Yoga	23 1:00 Seated Dance	24 10:30 Cardio Drum 1	25 10:30 Strength	26
27 	28 10:30 STRETCH 11:15 Strength 2	29 10:30 Yoga	30 1:00 Seated Dance	31 10:30 Halloween Cardio Drum	31 	