



**Woodlands Wellness Center**  
 134 Shenot Road  
 Wexford, PA 15090  
 Phone: 724-935-5470  
[www.MyWoodlands.org](http://www.MyWoodlands.org)

**February 27 – April 21  
 (8-week Rotation #2)**

8 Week Classes	Days/ Times	Instructors	Fee
<p><b><u>Zumba</u></b>            A fusion of Latin and international music and dance that provides an energetic aerobic fitness program. Participants will strengthen, tone, burn fat, and become more energized while having fun.</p>	Wed.....7:00-8:00 p.m.	Whitney Bopp	\$50
<p><b><u>SilverSneakers® Muscular Strength &amp; Range of Motion</u></b>            Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.            ©SilverSneakers is a registered mark of Healthways, Inc.</p>	Tue/Thur.....10:30-11:15 a.m.	Katherine Longwell	Covered by some Highmark Insurances Not eligible? No problem! 1x/week = \$50
<p><b><u>Zumba Gold</u></b>            Designed for the active older adult, the true beginner, people who are not used to exercising or people who may be limited physically. The main difference between Zumba Gold and Zumba is Zumba Gold is done at a lower intensity, not as fast, but certainly as fun. The same great Latin styles of music and dance are used.</p>	Wed.....9:30-10:15 a.m. Fri.....12:00-12:45 p.m.	Angie Thomson Angie Thomson	1x/week = \$50 2x/week = \$90
<p><b><u>SilverSneakers® YogaStretch</u></b>            YogaStretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of posture designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.</p>	Wed.....10:30-11:15 a.m.	Angie Thomson	Covered by some Highmark Insurances Not eligible? No problem! 1x/week \$50
<p><b><u>SilverSneakers® Cardio Fit</u></b>            An aerobic exercise class with a new SilverSneakers® format to get you on your feet and moving!</p>	Wed.....11:30-12:30 p.m.	Angie Thomson	Covered by some Highmark Insurances Not eligible? No problem! 1x/week \$50
<p><b><u>Yoga</u></b>            A mind and body class that enhances your balance, strength, and flexibility. Learn breathing and relaxation techniques to help ease the stress of your busy day.</p>	Thurs.....7:00-8:00 p.m.	Melissa Cooper	1x/week= \$50
<p><b><u>Fitness Challenge</u></b>            A dynamic, goal-oriented fitness program specifically designed for individuals with special needs. It is a group circuit training program that will improve health and skill related fitness components such as: cardiovascular endurance, muscular strength and endurance, body composition, flexibility, speed, power, agility, balance and coordination. A personal assistant may be necessary depending on the participant's ability.</p>	Mon/Wed.....6:00-7:00 p.m.	Various	1x/week = \$112 2x/week = \$170

