



Class Schedule - Otsego

October 2025

Hours: Mon. - Thurs. 7am - 5pm, Fri. 7am - 3pm, Sat. 8 - 11am | Extended Hours (fee applies): 7 days/week 6am - 10pm

Read schedule vertically by day. **Bold font indicates a schedule change.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 10 - 10:45am SilverSneakers® Classic Gym, All Levels | 7:45 - 8:15am Interval Training Gym, Active/Advanced | 8:30 - 9:10am Water Aerobics Pool, All Levels | 7:45 - 8:15am Interval Training Gym, Active/Advanced | |
| 10:30 - 11am WOW Exercise Class Memory Care, All Levels | 9:00 - 9:30am Stability for Balance Gym, All Levels No class 10/14 | 10 - 10:45am SilverSneakers® Classic Gym, All Levels | 9:00 - 9:30am Stability for Balance Gym, All Levels | 10 - 10:30am Seated Strength & Stretch Gym, All Levels |
| 12:30 - 1:00pm Nordic Walking Gym, All Levels | 9:35 - 10:05am Tai Chi (TJQMBB) Video Gym, All Levels | | 9:35 - 10:05am Tai Chi (TJQMBB) Gym, All Levels | 10:30 - 11am WOW Exercise Class Memory Care, All Levels |
| 1:15 - 1:45pm Stability for Balance Gym, All Levels | 1:15 - 1:45pm Cardio Drumming Gym, All | 1:15 - 1:45pm Stability for Balance Gym, All Levels | 1:15 - 1:45pm Gentle Chair Yoga Gym, All Levels | |
| | 1:45 - 2:15pm Cardio Drumming - MC Gym, MC | | | |

CLASS DESCRIPTIONS

Cardio Drumming - Seated: A rhythmic seated drumming class using stability balls as drums. A unique sensory/motor program designed to give the mind and body instant feedback. Open to all fitness levels.

Gentle Chair Yoga: Improve joint range of movement, strength and balance, and relax. Flow through gentle stretches, yoga postures and breathing exercises to reduce stress and improve mental clarity. All exercises and stretches are done seated or standing behind a chair. All fitness levels welcome.

Interval Training: Complete 5 cardio or strength exercises, with intervals of 20 seconds of work followed by 10 seconds of rest, for 8 rounds each. Ability to move down and up from floor is recommended for this class.

Nordic Walking: Nordic walking is a low-impact exercise that combines cardiovascular exercise with strength training and can be done on many types of terrain. Class may include balance, strengthening, and gait exercises, agility, and working with small obstacles. Participants will use Nordic poles, designed to help propel the body forward and engage the upper body.

Seated Strength & Stretch: This class is appropriate for all levels. Designed to maintain muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and/or other tools may be offered for resistance.

SilverSneakers® Classic: Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball will be provided for resistance; chair is used for seated and/or standing support.

Stability for Balance: This is a 30-minute, low-impact exercise class focusing on balance exercises, core strength and falls prevention. Includes seated exercises using resistance bands, hand weights and small fitness balls. Great for anyone looking to improve their balance!

Tai Chi: Learn and move through the gentle movements and forms of traditional Tai Chi while incorporating a focus on stability, balance and relaxation. Each Tai Chi form flows into the next without pause, ensuring that your body is in constant motion. Participants can sit or stand. All fitness levels.

Water Aerobics: This low-impact, shallow water class promotes stability, joint flexibility, and range of motion while building cardiovascular endurance and muscular strength.

WOW Exercise Class: Wellness on Wheels. For this exercise class, a certified fitness instructor visits the memory care common area to provide onsite exercise for residents.