

The Wellness Institute at Providence Hospital offers a variety of group fitness classes for our Associates and the surrounding community. *

Class Descriptions:

Aqua Aerobics

Get a whole body workout with half the impact on your joints; a fun workout in our heated, shallow water pool that strengthens the cardiovascular system, while toning all major muscle groups. Barbells and water noodles are used to increase resistance and intensity for the whole body. *All levels are welcome.*

Body Pump

One of the most successful circuit training programs that ever existed; Fun, basic routines and workouts are utilized to strengthen and tone your whole body. Burn calories; tighten muscles, increase flexibility, strength, and mental focus while enjoying great music and ever changing routines. Change the way your body feels! *All fitness levels*

Strength and Stretch

Working out with weights can improve your exercise regimen and your health, especially those over 40. Resistance training helps build muscles (but not bulk) that can burn calories even at rest. It's a great complement to cardio. And stretching is the perfect way to end cool down from any exercise. It also increases flexibility.

Line Dance to a Healthier You - Learn to dance the Wobble, Electric Slide, Cha-Cha Slide, Cupid Shuffle and more. It's a great way to Exercise; Meet people; and Lose weight!

Power Hour!

As a 30/20/10 class, this hour of power provides 30 minutes of heart-healthy cardio, 20 minutes of strengthening your body with various dumbbells, bands, and bodyweight exercises, and 10 minutes of stretching.

Swim Basics

Just don't feel comfortable in the water? This skill-building class offers an introduction to basic swimming skills: Floating, flutter kicking, effective breathing techniques, visibility, and safety. Learn to have fun and feel more secure in the water! *Open to beginner levels*

Tai Chi

Tai Chi is a martial arts practice that develops internal centeredness, confidence, balance, and skill, while enhancing the health of the circulatory system. The series will cultivate relaxation, stress reduction, muscular strength, and balance for most fitness levels. We offer two skill levels: Beginner Basics and intermediate /advanced Tai Chi

Yoga/Pilates Fusion

Build a tone, strong, core using renowned Pilates techniques, combined with the ancient art of Yoga for weight reduction, fewer cravings, better posture, toning, flexibility, less anxiety, more calm, less pain, more peace. All levels welcome, come as you are--you will float out feeling great!

Zumba Gold

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for beginners, those that have been sedentary for a year or more, or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with fun dance moves.

*Providence Associates, seniors, and PFC member discounts available, see registration form.