

CLASSES

STRENGTH TRAINING: This 30-minute class includes strengthening exercises performed while sitting in a chair. Exercises for all the major muscle groups in the upper and lower body are performed with exercise bands and hand weights ranging from 1 to 30 pounds.

ARTHRITIS FOUNDATION EXERCISE PROGRAM: This 30-minute class is led by a certified Arthritis Foundation instructor. Slow, range-of-motion exercises for most joints are performed seated in a chair. Special activities and relaxation techniques are included.

BALANCE: These classes are designed to improve balance, flexibility, sensory and coordination skills. This is a 12-week class held each spring and fall.

WATER WAKE UP: This 30-minute class is instructed by Wellness Centre members and meets weekdays. The class includes warm-up activity, alternating days of moderate intensity aerobics and water-resistant activities, and cool-down for a total-body exercise.

ARTHRITIS FOUNDATION AQUATIC PROGRAM: Led by a certified Arthritis Foundation Aquatic Program instructor, this 30-minute class includes low-intensity, range-of-motion exercises for the joints and stretching.

WATER AEROBICS: This 60-minute class includes warm-up, stretching, total-body exercise, moderate-intensity aerobics, and cool-down. Heart-rate check during the workout. Everyone is encouraged to work at his/her own fitness level.

EVENING WATER AEROBICS: A 60-minute class offered 2 evenings a week. A total-body workout for all ages and fitness levels.

ACTIVITIES

EXERCISE ROOM: The exercise room is open 24 hours a day and is equipped with 2 treadmills, a stationary bicycle, 2 recumbent steppers, arm pulleys and 3 weight machines.

OPEN EXERCISE / SWIM: There are scheduled times for members to swim or exercise on their own. Wellness Centre personnel will be in the department during these times.

WATER VOLLEYBALL: Join us Tuesday and Thursday mornings for fitness and fun playing water volleyball.

HOT TUB: Open for all members with doctor's approval. Water temperature is set at 102°. Take advantage of the therapeutic jets.

FITNESS ASSESSMENTS: Available to all members. This fun series of tests can help assess your personal fitness in strength, flexibility, agility, endurance, and body mass index.

BLOOD PRESSURE CHECK: Offered at 11 a.m. the first Thursday of the month in the Kidron library, or by appointment.

SALAD LUNCHEON AND LECTURE: Periodically, the Wellness Centre hosts a salad luncheon and lecture, with guest speakers presenting information about health, wellness, exercise, and nutrition. See the Wellness Centre director for information.

MEMBERSHIPS

Permission from your physician is required. Please pick up a form at the Wellness Centre. Village residents may use the Wellness Centre at no charge. Cost to others is \$28 per month or \$28 for 10 visits.

Wellness Centre

Hours

Monday - Friday

6:30 a.m.-3:30 p.m.

Saturday

6:30-10:30 a.m.

Evenings

as scheduled



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Wellness

Centre



**Activity
Guide**