

Ascension St. John Jane Phillips Wellness Connection

GROUP EXERCISE SCHEDULE

Change is inevitable. Growth is intentional

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15 a.m. FUSION / STRETCH ÂŠ	8:45-9:30 a.m. POWER OF PILATES Š	9:00-9:50 a.m. L.I.S.T Š	8:45-9:30 a.m. POWER OF PILATES Š	9:00-9:50 a.m. L.I.S.T ÂŠ
	11:10 a.m. - Noon SilverSneakers® CLASSIC		11:10 a.m. - Noon SilverSneakers® CLASSIC	

Classes are held in the lower level Group Exercise Studio unless noted otherwise on schedule.

Â=Aerobic focus

Š=Strength focus

All classes are coed.

Wellness Connection instructors: Jason Hall, Dax McCauley and Jason Zielenski.

Comments and suggestions are always welcome. Please contact the Wellness Connection at 918-331-1102.

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FUSION with Jason H

This class will cover a variety of fitness elements with a fitness improvement, strength development, core engagement, and recovery. Staying focused and on point, we will progress through a variety of fitness elements from one session to the next, being mindful of each individual's fitness level. In this 45-minute workout, we'll use primarily weighted bars and hand weights to get your muscles pumping while utilizing a variety of options, including spin bikes, to enhance your aerobic fitness! Are you ready to workout with a purpose and know what it feels like to BE stronger?!

L.I.S.T. with Jason H

Welcome to the LIST... Low Impact Strength Training. In this 45-minute session, you will be coached through a variety of exercises that are designed to promote certain outcomes. Those outcomes will include areas such as agility, stability, coordination, cardio conditioning and of course, strength!. Exercises will be carefully selected to elicit the specific outcome desired, but also to ensure they are low impact, reducing compression on your joints. However, low impact does not mean low-intensity. With an uptempo pace and some creativity sprinkled in, this class is sure to give you a good sweat while having some fun! Get ready to power through this workout and make sure you are on the L.I.S.T.!

STRETCH with Jason H

Start your week off with a nice, rejuvenating stretch sesh. In this 15-min routine, we'll look to recover from the weekend and/or that mid-week grind to get your mind and body primed for whatever waits ahead. There will be some matwork involved along with gentle movements from the standing position. We invite you to join us as we work with the idea of recovery and preparation in focus to prepare for the adventures that await you.

POWER OF PILATES with Jason H

The Pilates system of exercises emphasizes control, alignment and breathing to strengthen the "powerhouse"- consisting of the abdominals, lower back muscles, and hips. Exercises are gentle on the body, yet surprisingly challenging. Grab your mat and towel for this class structured to improve strength, flexibility, posture, balance and coordination.

SILVERSNEAKERS® CLASSIC with Dax/Jason H

A class designed to increase strength, range of movement, agility, balance, and coordination and to improve participants' functional capacities, physical fitness level, and sense of well-being. Options to sit and stand throughout class, using the resistance band, hand weights, and ball to make this an all-around favorite.

