

## Online Class Descriptions

### **Step, Core & More** with Lou Ellen Miller

Mondays, Wednesdays, Fridays, 9:00 – 9:45 am

Combines traditional step aerobics with some abdominal work for a fun total body workout. Modifications will be offered.

Equipment: Water, towel, chair, light dumbbells or dumbbell-like items (canned goods; water bottles), mat or towel, and your own music for motivation.

### **Seated Yoga** with Annette Hyde

Mondays 10:00 – 10:45 am

Smooth gentle movements to increase flexibility and strength while seated. Standing postures will be offered for balance and stamina.

Equipment: Chair; belt, rope, necktie or bath/beach towel

### **3 Mile Walk with Sharon Steele**

Mondays 12:30 – 1:15pm

Suitable for all fitness levels. Low impact cardiovascular session. On Facebook Live:

<https://www.facebook.com/PowellWellnessCenter/>

### **Tabata 30** with Christine Kauffmann

Tuesdays 9:00 – 9:30 am

30 minute interval-based full body workout.

Equipment: Water, towel, mat, weights or weight-like items are optional.

### **AXIS** with Sarah Mahoney

Tuesdays, 10:00 – 10:35

AXIS creates stability from the axis (or the middle of your body) which is the basis of all movement, then layers on mobility, strength and finishes with a stretch.

Modifications offered.

Equipment: Mat, water bottle, dumbbells are optional

### **Beginners' Yoga** with Annette Hyde

Wednesdays 10:00 – 10:45 am

Learn the fundamental poses of yoga as you build strength, increase flexibility and find focus. This class will invigorate your entire body through breath and movement.

Equipment: Mat; belt, rope, necktie or bath/beach towel; two thick books close to the same size; blanket

### **Gentle Yoga & Meditation** with Joyce

Bernache-Cohon

Wednesdays, 5 – 5:45 pm

Gentle postures with easy movement plus breathwork and guided meditation for release of stress and tension.

### **Cardio** with Christine Kauffmann

Thursdays 9:00 – 9:30 am

Cardio program designed to increase your heart rate and burn calories.

Low impact options will be given.

### **AXIS** with Sarah Mahoney

Thursdays, 10:00 – 10:35 am

AXIS creates stability from the axis (or the middle of your body) which is the basis of all movement, then layers on mobility and strength and finishes with a stretch.

Modifications offered.

Equipment: Mat, water bottle, dumbbells are optional.

### **Yoga 1** with Annette Hyde

Fridays 10:00 – 10:45 am

Yoga 1 refines the basics learned in Beginners Yoga.

Increase muscular strength, endurance and overall flexibility using hatha yoga postures while learning breathing and relaxation techniques. This flowing class will also include Sun Salutations.

Equipment: Mat; belt, rope, necktie or bath/beach towel; two thick books close to the same size; blanket

- All classes are on zoom.us
- Zoom links to classes will be provided on Facebook and at <https://powellwellnesscenter.org/free-online-class> and <https://culpepersport.com/free-online-class> (these pages also have a Zoom video tutorial and Zoom 101 sheet).

