



## CLASS FEES

Classes are **INCLUDED** with all annual memberships and 20 visit punch cards.

Per Class Drop In Rate **\$10 plus tax**

## GET IN TOUCH



**Phone**  
402-375-7927



**Email**  
wellness@providencemedical.com



**Website**  
www.providencemedical.com/wellness



**Address**  
1200 Providence Road  
Wayne, NE 68787

Go to your app store and search for Providence Wellness Center or scan the QR code.



# GROUP FITNESS CLASSES

Providence Wellness Center

## BODY SCULPTING

Define, sculpt and develop muscle tone and strength in all your muscle groups using free weights, stability balls, resistance bands and body weight in a circuit style workout to keep your heart rate up and help burn calories.

**Tuesday/Thursday 7:00-8:00AM Heidi**  
**Wednesday 4:30-5:15PM Heidi**

## BOOT CAMP

High intensity, fast paced workouts designed to push each person. This class works on strength, plyometrics and core. All levels are welcome, and you can push yourself at your own pace.

**Monday/Wednesday/Friday Kimberly**  
**5:30-6:30AM**

## EASY SCULPTING

This is a lighter version of our already popular Body Sculpting Class, offering a low impact strengthening workout for the Baby Boomer population.

**Tuesday/Thursday 9:30-10:30AM Robin**

## GENTLE YOGA

Gentle Yoga is great for ANYONE at any level, especially if you are newer to yoga or those that enjoy slowing down, breathing and are interested in more of a gentle practice. This class is a vinyasa style class, focusing on incorporating the breath into every movement, holding poses and focusing on alignment, strength, balance, flexibility and relaxation of the mind.

**Monday/Wednesday 8:30-9:30AM Heidi**

## POWER BOXING-CIRCUIT TRAINING FUSION

We have combined two great classes into one heart pumping, strength building fun workout! Learn basic boxing skills and techniques using a variety of heavy bags, double-end bags and speed bags as well as perform strengthening and cardio exercises to keep your heart rate up and build strength. No boxing experience required and tons of fun to be had!

**Tuesday/Thursday 5:30-6:30PM Evan**

## PILATES YOGA FLOW

Yoga and Pilates fused together giving you the best of both workouts! You will strengthen and lengthen muscles, while increasing flexibility, strengthening your core using the Pilates circle, toning balls and resistance bands.

**Friday 8:30-9:30AM Heidi**

## POWER YOGA

Power Yoga mixes strong poses and flowing movements. This is a higher pace, with lots of strength building holds, balance work and mobility, and of course always ending with Savasana! If you are looking for a faster pace yoga class, this is your class!

**Wednesday 5:30-6:30PM Heidi**

## SENIOR STRENGTH

An introductory strength training class designed specifically for the active older adult. Participants will be guided through a total body strength workout using bodyweight, dumbbells, bands, balls, dowels and more. Workouts include warm up and cool down with stretching, all while working on strength, balance, flexibility, posture, bone density and more.

**Monday/Wednesday/Friday Robin**  
**8:00-8:45AM**  
**9:15-10:00AM**

## YOGA SWEAT

This is a heated class. Heat is purifying, cleansing and healing. Adding warmth prepares muscles and connective tissue for deeper stretches and facilitates perspiration, which serves to cleanse the body as well as clear the mind. This class is a vinyasa-style class, meaning we will still incorporate breath into every movement as we focus on alignment, but the temperature will be warmer and workouts will be more of a strengthening flow, mixing strong standing postures, deep stretches and the occasional inversion to challenge you and create your most functional body!

**Friday 6:00-7:00AM Heidi**



### GET SIGNED UP:

*Class sizes are limited and those that are registered get priority. We love it when participants sign up ahead of time so we can better prepare for classes or know who to contact if there is a change in schedule. To reserve a spot in any of our Group Fitness Classes, you can sign up on the Mindbody App, stop in or call us at 402-375-7927. Walk-ins are always welcome!*