

## All Classes are different for MAXIMUM variety

McKenzie Health System - Your Partner in Health

### Aqua Aerobics

**All classes you can work at your pace.**

We offer a variety of water fitness classes in varying intensities. Water-based classes are great for everyone, even those with aches and pains that prevent regular workouts. Freedom of movement is enhanced and impact on joints is reduced in the heated water environment. Each class will use varying equipment.

### Early Birds (6:00 and 7:00 am)

**All classes use different equipment.**

A medium to high intensity workout that combines cardio, strengthening, and stretching.

### Arthritis Friendly (8:15 am)

**All classes you can use deep and shallow.**

This session is specially designed for those with arthritis (though anyone is welcome). Using bands, boards, belts and noodles, this fun aquatic workout helps improve flexibility from head to toe and boosts stamina, endurance & muscle toning while getting cardio.

### Deep Water Warriors (9:30 am)

This high-intensity deep and shallow water workout uses stretching, varying equipment, to provide a complete workout full of cardio. If you need a challenge to improve muscle toning, this class is for you! Class ends with 15 minute non-competitive volleyball warm down.

### Aqua Athletics (10:45 am)

Ideal for arthritis & fibromyalgia disorders, this can improve your range of motion, flexibility, and strength in the aquatic class, which uses boards, all equipment and noodles. This low-moderate intensity class combines cardiovascular training, stretching and strengthening exercises for an effective aqua workout. This class uses lower reps and begins with a non-competitive 30 minute volleyball warm up that targets cardio stretch and muscle toning.

### Water Walkers (12:00 pm)

This moderate intensity class focuses on flexibility and agility. The Water Walkers class provides slower exercises designed to increase range of motion and maintain an active daily living lifestyle. This class is also arthritis friendly. We do cardio, muscle toning and stretching all at once. Everyone can work at their own pace.

### Run, Jump, Splash (1:15 pm)

A medium-high intensity aquatic workout that will strengthen your core and increase your stamina by running, jumping, and even boxing all in the water! This class is perfect if you need a challenge providing all around muscle shaping. We do 30 minute volleyball warm-up.

### Evening Energizers (5:00, 5:30)

This class uses various equipment in challenging, high-intensity workouts. This fun, highly energized class provides a great cardiovascular workout, complete with toning & stretching.

### Bump Set Spike (6:00 pm)

This is a non-competitive volleyball, which is cardio, stretching, and muscle toning. Everyone works together creating a team atmosphere.

### Low Impact Exercise

This class is designed for anyone over 18 that needs to get out and move. This low impact exercise class focuses on strengthening, agility, and balance.

### Senior Exercise

Getting older doesn't mean getting weaker. In this class, designed for those 55 and older, you will learn ways to stay strong. The Seniors class is a total body workout focusing on agility and strength, using equipment such as chairs, sticks and balls.

### Tai Chi

The Arthritis Foundation Tai Chi Program is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

**All of our Group Fitness instructors are certified in the area they teach and take continuing education classes including CPR to ensure all classes are safe and high quality.**

## Fitness Classes 2019



## Get Out, Get Fit!

Call 810-648-6117  
to register

120 N. Delaware Street  
Sandusky, MI 48471  
810-648-3770  
[www.mckenziehealth.org](http://www.mckenziehealth.org)



# Pre-Registration Required

Call 810-648-6117 for more information & registration  
Schedule subject to change

# Fitness Classes 2019

## Aqua Aerobics

McKenzie Health & Wellness Center  
170 Argyle St. • Sandusky, MI 48471  
(Park on west side of building)

	M	Tu	W	Th	F	Sa
6 - 7 am			X		X	
7 - 8 am	X		X		X	
8:15 - 9:15 am		X		X		
9:30 - 10:30 am		X		X		
10:45 - 11:45 am		X		X		
Noon - 1 pm		X		X		
1:15 - 2:15 pm		X		X		
5 - 6 pm	X		X			
5:30 - 6:30 pm		X		X		
6 - 7 pm	X		X			

*Pre-registration required.*

## Low Impact Exercise Class

Countryside Free Methodist Church, Sandusky

**Pre-registration REQUIRED, call: 810-648-6117**

	M	Tu	W	Th	F	Sa
9 - 10 am		X		X		

### Class Details

Must be 18 or older to participate. Payment & Registration due two weeks prior to the session starting. Classes & prices are subject to change.

### Make checks payable & mail to:

McKenzie Health System, Community Wellness  
120 N. Delaware St. • Sandusky, MI 48471

## Tai Chi

**FREE to Seniors age 60+**

**Mondays, 10 am - 11 am**

**April 1 - June 28**

**September 9 - November 18**

Bark Shanty, Port Sanilac

**Mondays, 3:30 pm - 4:30 pm**

**April 1 - June 28**

**September 9 - November 18**

United Methodist Church, Lexington

**Tuesdays, 10 am - 11 am**

**Year Round**

Countryside Free Methodist Church, Sandusky

**No class on November 20 & 27.**

**Classes will resume December 4.**

## Change 4 Life

**A support group designed to help you fit the pieces together for a healthy life!**

Meetings take place the last Tuesday of each month, January - November.

**6:30 pm - 7:30 pm**

Sandusky Presbyterian Church Meeting Room 104  
Lexington Street, Sandusky, MI 48471

Visit [www.mckenziehealth.org/Change4Life](http://www.mckenziehealth.org/Change4Life)

## Session Schedule

**January 2 - February 22**

Session 1 (8 Weeks) Winter Session

**March 3 - April 26**

Session 2 (8 weeks) Spring Session

**May 6 - June 28**

Session 3 (8 weeks)

Spring into Summer Session

**July 8 - August 30**

Session 4 (8 weeks)

Summer Session

**September 9 - November 1**

Session 5 (8 weeks) Fall Session

**November 11 - December 13**

Session 6 (5 weeks) Holiday Session

## Walking Track

**Walk-Ins Welcome FREE**

McKenzie Health & Wellness Center Track is open to the public, FREE to all ages. Open Monday-Friday, 5-7pm

McKenzie Health & Wellness Center  
170 Argyle St. • Sandusky, MI 48471

	M	Tu	W	Th	F	Sa
5 - 7 pm	X	X	X	X	X	

**No Registration Required**

## Senior Exercise Program

**2 x / week: January 2 - March 25 (12 weeks)**

**2 x / week: September 4 - November 25 (12 weeks)**

**\$20.00 for a 12 week session**

United Methodist Church, Lexington

	M	Tu	W	Th	F	Sa
9 - 10 am	X		X			

**Pre-registration not required**

## Session Options

Frequency	5 week	8 week
1x / week	\$22.50	\$36.00
2x / week	\$45.00	\$72.00
3x / week	\$67.50	\$108.00
4x / week	\$90.00	\$144.00
5x / week	\$112.50	\$180.00

**For more information & to REGISTER, call: 810-648-6117**