



AULTMAN ORRVILLE SPORTS & WELLNESS



TEAM TRAINING

Together Everyone Achieves More is a boot camp style class for intermediate to advanced exercisers who are looking to encourage and challenge each other in a group setting. The class format includes group training work designed to meet each person's specific goals and needs.

Tues. and Thurs.: 9-9:45 a.m.

Cost:

Members: \$10 per month

Non-members: \$30 per month

Tues. and Thurs.: 5:30 -6:15 p.m.

Wed., Fri. and Sat.: 9:15-10 a.m.

Cost:

Members: \$10 per month

Non-members: \$30 per month

FIT, FUN AND FUNCTIONAL

For individuals 60 and older, Fit, Fun and Functional class works to improve strength, endurance, flexibility, mobility and balance. The goal is to be functionally fit for activities of daily living and/or recreational activities. Using a group setting, participants can encourage one another and challenge themselves based on their ability.

MINDS ON THE MOVE

For active older adults 60 and older who know the importance of staying mentally sharp and being physically active. This class includes a combination of specific activities to improve your memory, reasoning, conceptualization, language, and problem solving skills, along with age appropriate exercise to promote wellness.

Fri.: 6:30-7:00 a.m. and

10:30-11 a.m.

Cost:

Members: \$5 per month

Non-members: \$15 per month

Group Exercise