



**Woodlands Foundation Wellness Center**  
 134 Shenot Road  
 Wexford, PA 15090  
 Phone: 724-935-5470  
[www.woodlandsfoundation.org](http://www.woodlandsfoundation.org)

**March 1- April 30**  
**(8 - Week Session #2)**

8 Week Classes	Days/ Times	Instructors	New Fee
<b>Zumba Kids</b> An exciting new way for kids to exercise and have fun while learning to dance.	M.....4:30-5:00 p.m. (ages 4-7) M.....5:15-6:00 p.m. (ages 8-12+)	Ember Long Ember Long	1 x/week = \$35 1 x/week = \$40
<b>Zumba</b> A fusion of Latin and International music and dance provide an energetic aerobic fitness program. Participants will strengthen, tone, burn fat, and become more energized while having fun.	W.....7:30-8:30 p.m. F.....5:45-6:45p.m.	Caitlin Smith	1x/week = \$40 2 x/week = \$80
<b>Zumba Gold</b> Designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used.	TBA	TBA	1x/week = \$40 2 x/week = \$80
<b>Yoga</b> A mind/body class that enhances your balance, strength, and flexibility. Learn breathing and relaxation techniques to help ease the stress of your busy day.	Th..... 7:30-8:30 p.m.	Ursula Lesic	1 x/week = \$40
<b>Pilates</b> is a mind/body workout that teaches body awareness and good posture. It will improve your flexibility, agility and strength, and is particularly beneficial for the abs and lower back.	M.....7:30-8:30 p.m. Please call ahead if you would like to attend.	Ursula Lesic	1 x/week = \$40
<b>Arthritis Exercise</b> A land-based no impact arthritis class to help increase joint flexibility, range of motion, and maintain muscle strength. This class is designed for anyone with arthritis symptoms associated with joint disorders or individuals looking for an introductory class.	T Th.....1:15-2:15 p.m. Please call ahead if you would like to attend.	Katherine Longwell	1x/week= \$40 2 x/week = \$80
<b>"On the Ball" Core Stability</b> Stability Ball Training is a total body conditioning method designed to improve strength, balance, posture, body awareness, and coordination while using a big round ball typically made out of soft PVC material. Benefits of Stability ball training are improved balance, flexibility, coordination, and improved core strength, which can help to alleviate lower back pain. This is a beginner level class, however some kneeling and floor exercise is essential to the class.	T Th.....12:15-1:15 p.m. T Th .....5:30-6:30 p.m. Please call ahead if you would like to attend.	Deb Carrera	1 x/week = \$40 2 x/week = \$80
<b>Flex Pass</b> For anyone who wants a more flexible fitness plan. Purchase a punch card in increments of 5 or 10 classes. Valid for Zumba, Zumba Gold, Yoga, Pilates, "On the Ball" Core Stability, Arthritis Exercise (land class only), or open gym times. Due to equipment availability, some class sizes will be limited. Priority will be given to participants enrolled for the 8 week session. Punch cards valid for 6 months from date of purchase.			5 classes= \$25 10 classes= \$50

**If you are having trouble choosing which class is right for you, please feel free to call us at 724-935-5470**



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<p><b>Fun and Fitness</b> This program encourages active and healthy lifestyles in children. Participants set individual goals with instructors including but not limited to weight loss and increased cardiovascular fitness and endurance. Children work towards an end goal of walking a 5K.</p>	<p>T .....6:30-7:30 p.m.            TH.....6:30-7:30 p.m.</p>	<p>Elyssa Prince            Lisa Brassaw</p>	<p>1 x/week = \$45            2 x/week = \$65</p>
<p><b>Sports Night</b> For Individuals with disabilities of all ages. Participants will set individual goals with instructor and have the opportunity to use the gym and fitness equipment to achieve these goals. Goals include, but not limited to, learning a sport or motor skill, walking, muscle toning and strengthening, improving cardiovascular fitness, and increasing balance and flexibility. Personal assistant may be necessary depending on the participant's ability.</p>	<p>M W .....6:00 – 7:30 p.m.</p>	<p>Ciara Brown</p>	<p>1 x/week = \$50            2 x/week = \$75</p>
<p><b>Open Fitness</b> Participants have the opportunity to use the fitness equipment to achieve personal fitness goals.</p> <p><b>Open Gym</b> Participants have the opportunity to use the gymnasium floor space for various activities including, but not limited to basketball and volleyball. (Times subject to change with the addition of Group Fitness Classes; please check back often)</p>	<p>M W.....9:00a.m.-12:00 &amp; 4:00 -6:00 p.m.            T Th.....9:00a.m.-12:00 &amp; 4:00-8:00 p.m.            F..... 9:00a.m.-12:00 &amp; 5:00-7:00 p.m.</p> <p>M.....9:00 a.m.-12:00 p.m.            T .....9:00a.m.-12:00 p.m. &amp; 4:00-5:30 p.m.            W....9:00a.m.-12:00 p.m. &amp; 4:00-6:00 p.m.            TH...9:00a.m.-12:00 p.m. &amp; 4:00-5:30 p.m.            F.....9:00a.m.-12:00 p.m. &amp; 3:00 - 5:45 p.m.</p>	<p>No Instructor</p>	<p>5 sessions=\$25            10 sessions= \$50</p>