

# CHARTER HOUSE FITNESS PROGRAM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:00 Early Aerobics Level 3		7:30-8:00 Early Aerobics Level 3		
9:00-9:45 Level 2 Functional Strength <i>(Full Body)</i>	9:00-9:45 Level 3 Functional Strength <i>(Power Hour)</i>		9:00-9:45 Level 2 Functional Strength <i>(Full Body)</i>	9:00-9:45 Level 3 Functional Strength <i>(Power Hour)</i>
	9:45-9:55 Balance Ball Basics Level 3		9:45-9:55 Balance Ball Basics Level 3	
10:00-10:45 Level 1 Functional Strength <i>(Strong and Steady)</i>	10:00-10:30 Seated Stretch Level 1	10:00-10:45 Wellness Wednesday <i>Everybody!</i>	10:00-10:45 Level 1 Functional Strength <i>(Strong and Steady)</i>	10:00-10:30 Seated Stretch Level 1
	1:00-2:30 Trail/Mall Walk			1:00-2:30 Trail Walk (Seasonal)
3:00-3:30 Perfect Balance Level 2	3:00-3:30 Yoga (All Levels)	3:00-3:30 Perfect Balance Level 2		3:00-3:45 Yoga (All Levels)



# CLASS DESCRIPTIONS

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**The Functional Strength Classes** are designed to improve your life: help you move better, feel stronger, have more energy, and improve your overall quality of life. Each class is 45 minutes in length, and combine range of motion, flexibility, muscle strength and endurance, coordination, and balance exercises to help you “function” better!

Classes are split into three levels:

**Level 1 (Formerly *Strong & Steady*)** is a mostly seated class, with short periods of supported standing (optional). This class is for those who rely on a walking aid, experience notable physical limitations, or have balance concerns. 10:00 on Mondays and Thursdays.

**Level 2 (Formerly *Full Body Fitness*)** is for those who do not rely on a walking aid but may have some physical limitations or balance concerns. 9:00 on Mondays and Thursdays.

**Level 3 (Formerly *Power Hour*)** is more vigorous, for those who are currently active and experience few physical limitations. This class is immediately followed by ***Balance Ball Basics***, a 10-minute “bonus” segment to strengthen the core and improve balance while having some fun! 9:00 on Tuesdays and Fridays.

**Level 1 *Stretch It Out*** is an all-seated class that is beneficial for everyone, consisting of relaxing stretches for the entire body. Stretching promotes increased flexibility, which can help prevent injuries and reduce aches and pains, especially for those with arthritis or other joint problems. 10:00 on Tuesdays and Fridays.

**Level 2 *Perfect Balance*** focuses on improving posture, correcting improper walking technique, and strengthening the leg muscles—a great combination to improve balance! Everyone is welcome, but the class features mostly standing work that can be done with a walking aid or a chair for extra balance. 3:00 on Mondays and Wednesdays.

**Level 3 *Early Aerobics*** features classic aerobic exercises with some dance-based and kickboxing-style moves. While designed to build cardiovascular endurance, this class also aims to improve coordination and balance. A great way to start the morning! 7:30 on Mondays and Wednesdays.

**All Levels *Yoga*** focuses on good breathing techniques, enhancing range of motion of joints, stretching the muscles, improving balance, and creating a better connection to one’s body. 3:00 on Tuesdays and Fridays.

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