



WellFIT Rehabilitation Center Studio Schedule & Policies

1600 Joseph Dr.
Bryan, TX 77802

P (979)731-6131

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Chair Yoga 9:30 – 10:30a				Chair Yoga 9:30 – 10:30a
10:00 AM					
10:30 AM	Balance 10:30 – 11:15a				Balance 10:30 – 11:15a
11:00 AM			Chair Yoga 11a – 12p		
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM	SilverSneakers Classic 2:15p – 3p		SilverSneakers Classic 2:15p – 3p		
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM	Tai Chi 6 – 7p		Tai Chi 6 – 7p		
6:30 PM					
7:00 PM					

Effective November 1st, 2019

CHAIR YOGA, BALANCE & SILVERSNEAKERS are held in the SPECIAL DINING ROOM.

YOGA 101 & TAI CHI is held upstairs in the PULMONARY GYM.

Studio Class Descriptions

- **Chair Yoga** – will be led by our Certified Yoga Instructor. It is a group fitness class focusing on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance, and joint range of movement.
- **Yoga 101** – ****Different from the YOGA 101 at MatureWell**** This floor yoga class will be led by a Certified Yoga Instructor. A restful, calming class including breathing, gentle flowing movements, passive and supported poses. This group fitness class will focus on flexibility, balance, and joint range of movement.
- **Balance** – will be led by one of our WellFIT Instructors. It is a group fitness class focusing on balance exercises along with some weight training. This class will help improve balance, muscular strength, endurance and joint range of movement.
- **Classic** – A SilverSneakers class that is taught by a Certified SilverSneakers instructor. It is a group fitness class focusing on standing or seated muscular strength and range of movement exercises. This class improves agility, balance, coordination, functional capacity, overall physical fitness and a participant's sense of well-being.
- **Tai Chi** – An exercise that utilizes breathing, visualizations and movements to work the entire body all at once. Tai Chi is used to generate health, longevity and internal strength and power.

Studio Policy

- For the safety and enjoyment of all participants, class sizes will be limited.
- Chairs are first come, first serve and not allowed to be reserved for friends.
- Please be mindful and respectful upon entering classes if you are late.