

POWER PROGRAM

THE LINDA B. AND ROBERT B. WIGGINS WELLNESS AND INTEGRATIVE HEALTH CENTER

July-Sep 2017

Monday

- 6–6:30 a.m. Resistance Training-Kim
- 6:30–7 a.m. Core & Stretch-Kim
- 7–7:30 a.m. Zumba-Kim
- *9:30–10:30 a.m. Tai Chi/Qigong-Toni
- 11:30-12:00 p.m. Yogalates-Meri
- 12-12:30 p.m. Resistance Training-Meri
- 12:30-1 p.m. Resistance Training-Meri
- 4:30–5:30 p.m. Zumba®-Solhee
- 5:40–6:40 p.m. Yoga-Chase

Tuesday

- 5:15-6:15 p.m. Yoga-Sarah Elizabeth



Wednesday

- 6–6:30 a.m. Resistance Training-Kim
- 6:30–7 a.m. Core & Stretch-Kim
- 7–7:30 a.m. Zumba-Kim
- 9–10 a.m. Pilates Mat-Frederika
- 11:30-12:00 pm.m. Yogalates-Meri
- 12-12:30 p.m. Resistance Training-Meri
- 12:30-1 p.m. Resistance Training-Meri
- 4:30-5:30 p.m. Zumba®-Solhee
- 5:30–6:30 p.m. Step Into Life-MaryAnn
(Creative Movement)

Thursday

- 9:30–10:30 a.m. Tai Chi/Qigong-Toni
- 10:30–11:30 a.m. Yoga-Charlotte
- *5:15–6:15 p.m. Yoga/Qigong-Sarah Elizabeth

Friday

- 6-6:30 a.m. Cardio Intervals (HIIT)-Jillian
- 6:30-7 a.m. Core Yoga-Jillian
- 10–11 a.m. Yoga-Carla
- 11:30-12:00 p.m. Pilates Mat-Frederika
- 12:00-12:30 p.m. Pilates Mat-Frederika
- 12:30-1 p.m. Resistance Training-Frederika

HCI outpatients, caregivers and staff of all fitness levels are welcome

All classes are free of charge and meet in the Cancer Learning Center Multipurpose Room, 6th floor of the Cancer Hospital unless otherwise indicated by asterisks.

For more information call 801-587-4585

*Classes will meet in the Lobby of Red Butte Gardens at 300 Wakara Way • Salt Lake City, UT 84108
<http://www.redbuttegarden.org/directions> (entrance to the garden is free)

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Wellness
AND INTEGRATIVE HEALTH CENTER



June 2017



Personal Optimism With Exercise Recovery (POWER) Group Fitness Class Descriptions

Cardio Intervals (HIIT): High Intensity Interval Training is an effective and efficient workout that involves repeated bouts of high energy movement followed by varied recovery times. Modifications will be given for people of all fitness levels.

Core Training: includes a variety of resistance exercises to strengthen the back, abs, and hips using stability balls, BOSU balance trainers, dumbbells, and resistance bands.

Core Yoga: A flow of yoga poses focused on improving spinal stability, postural balance and muscular strength and endurance in the core, using light weights, and props.

Pilates Mat: is a system of controlled exercises that engage the mind while conditioning the total body. You will learn a basic series of exercises designed to improve core stability, flexibility, and posture. This class will help you reduce stress and create lean muscles without bulking you up.

Qi Gong: Coordinates slow, flowing movement and deep rhythmic breathing to create a calm state of mind and is often incorporated into the Tai Chi Classes.

Resistance Training: incorporates dumbbells, resistance bands, BOSU balance trainers, and resistance balls to work, strengthen, and build muscular endurance in every major muscle group.

Step into Life: is a modern, creative movement class that is therapeutic for the mind, body, and spirit.

Tai Chi: Allows you to develop strength through softness, stillness through movement, and change through consistency. Slowing down will guide you in your Journey to replenish yourself.

Yoga: is a nonaerobic exercise program of precise posture, breathing exercises, and meditation.

Zumba: is a mix of international dance and music designed for all levels of fitness.