

Marjorie P. Lee Exercise Classes

Chair Aerobics

Join us for an overall body workout that will get your heart pumping! This class incorporates both seated and standing exercises that utilize hand weights, Thera-bands, and exercise balls to strengthen and stretch your muscles. We will take our bodies through functional movements to improve posture, balance, and overall well-being.

Class Times: Tuesday & Thursday 10:00 am-10:45 am

Yoga with Patty

Mats will be provided for you to enjoy this restorative and relaxing class. Reduce pain, stress, and increase circulation and body awareness as we move through various positions.

Class Times: Wednesday 3:00 pm-3:45 pm

Instructor: Patty Braasch

Gentle Water Aerobics

The buoyancy in the pool provides a virtually impact-free environment for the best cardio workout. The perfect class for anyone with sore or stiff joints, we'll use water weights, pool noodles, kickboards, and other exercise equipment to work on balance, strength, flexibility, and much more.

Class Times: Monday 1:30 pm-2:15 pm & Friday 10:00 am-10:45 am

Saturday Chair Aerobics

Held on Saturdays, this gentle exercise class will give you an overall body workout.

Class Times: Saturday 10:00 am-10:45 am

Tai Chi

This class is open to participants of all ages and experiences. This enjoyable form of exercise originated in Asia and focuses on slow and gentle movements to improve balance and increase flexibility. Tai Chi is a great workout for your body and mind.

Class Times: Wednesday 10:00 am-10:45 am

Instructor: Kristin Dietsche

Always check in with Wellness Staff prior to entering the pool alone, so that we are able to provide supervision for your swimming session