



# NOVEMBER FITNESS & WELLNESS HAPPENINGS

## ‘PAIN FREE LIVING’ WELLNESS DAY—SUNDAY, NOVEMBER 17

Experience our pain free specialty services with our corrective training experts and see how these different modalities can help you recover or prevent musculoskeletal aches and pains!

- Neuromuscular Reprogramming through trigger point and orthopedic massage / Thai massage / Reflexology / Focused Deep Tissue relief massage (15 minute demos in the Wellness Lounge)
- CLINICAL PILATES APPARATUS Therapy Training on the Reformer with Dr Wendy Price (20 minute demos)
- MELT for Feet: Two 30 minute workshops offered at 10am and again at 11am (Quiet Corner Rm)
- Yoga Nidra (GUIDED MEDITATION) 12:15-1pm (Quiet Corner Rm)
- Intro to SOMATICS Postural Alignment Therapy workshop at 1—2pm (Grp Ex Rm)
- Small Group Coaching: HOLIDAY HIIT BOOT CAMP 8-9am with Jess! (Fitness Center / Gym)

- In the Spin Studio: 8am and 9am classes will host a JEOPARDY GAME Theme Ride! Challenge your body and your mind while you ride!

**The price of admission to these great events is a non-perishable food item to support our food drive to benefit local families through JFS**

### “VERTIGO, ITS ENOUGH TO MAKE YOUR HEAD SPIN”

Join Nick Almonte, PT, Physical Therapist at Physical Therapy & Sports Medicine centers of Orange for a free workshop teaching strategies to treat vertigo, dizziness and imbalance.

WEDNESDAY, NOVEMBER 20 from 12:15-1pm (there will be no second Silver Sneakers class this day) Sign up at the Fitness Desk



#### GROUP EX:

- \* MONDAY & FRIDAY Conditioning classes will be offered starting at 7am instead of 6:45am beginning November 4
- \* TEEN-FIT will be off the schedule, last class October 31
- \* YOGA NIDRA will run weekly on Sundays at 12:15pm (in the Quiet Corner Rm)

#### SPINNING:

- \* SILVER (GENTLE) SPIN IS BACK ON TUESDAYS AT 10:30am on November 5, 12, & 19
- \* DAN IS BACK! A challenging HIIT protocol ride on SATURDAYS, 7:30AM starting November 16

MELT Method An additional Small Group Session is being offered on Fridays 10-11am

### ANOTHER FREE WORKSHOP: YOGA FOR BONE HEALTH with Julie Luciani!

Sunday, November 24 from 1-2pm

Experience how yoga can help balance and strengthen your bones and your body in this one of a kind gentle practice! Sign up for this workshop at the Fitness Desk