

Fitness Class Descriptions

Stretch - Loosen muscles with easy movements. Work out your aches, pains, and strengthen your balance all in one!

Class duration: 30 minutes. Instructor: Susie.

Cardio Drumming, Level 1 or 2 - Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior “drumming” experience required.

Level 1 is a seated, slower paced class.

Level 2 is a seated or standing, fast paced, challenging class.

Class duration: 30-45 minutes. Instructor: Susie.

Seated Exercise - Energize with a full body workout to increase blood flow and cardio output!

Class duration: 30 minutes. Instructor: Susie

Seated Dance - Elevate your heart rate and work up a little sweat to lively music. If you enjoy Seated Full Body and would like a little more from your workout, this class is for you!

Class duration: 30 minutes. Instructor: Susie.

Strength- Similar to the StrongBodies program, this class is a structured, safe, and effective strength-training program targeting the entire body developed by our fitness staff for adults of any age, containing exercises that are easy to augment to suit all abilities.

Class duration: 30 - 45 minutes. Instructor: Susie.

Fall Prevention - Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention.

Class Duration: 30 minutes. Instructor: Susie.

REGENCY MUSKEGO FITNESS & WELLNESS CALENDAR

February 2024

**February 7th
is National Wear
Red Friday!**



**All Fitness
classes,
including
Seated
Dance on
Wednesday
at 1:00pm,
take place
in the
Lodge
Fitness
Center on
the 2nd
floor.**

February is National Heart Month!
Prioritize your heart health and
combat heart disease by attending
fitness classes all month long.

You can also help raise awareness
for heart disease prevention by
simply wearing Red on Friday Feb.
7th. Although it is largely
preventable, heart disease has
been the leading cause of death in
the U.S. since the 1960s.

Let's start to prioritize our
HEARTS!

REGENCY MUSKEGO FITNESS & WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Muskego Fitness Calendar February 2025</p>						1
2	3 10:30 STRETCH 11:15 Cardio Drum 2	4 10:30 Fall Prevention 1:00 Seated Exercise	5 10:30 Strength 1:00 Seated Dance	6 10:30 Cardio Drum	7 Wear Red Friday 10:30 Strength 	8
9	10 10:30 STRETCH 11:15 Cardio Drum 2	11 10:30 Fall Prevention 1:00 Seated Exercise	12 10:30 Strength 1:00 Seated Dance	13 10:30 Cardio Drum	14 10:30 Strength	15
16	17 10:30 STRETCH 11:15 Cardio Drum 2	18 10:30 Fall Prevention 1:00 Seated Exercise	19 10:30 Strength 1:00 Seated Dance	20 NO CLASS	21 10:30 Strength	22 
23	24 10:30 STRETCH 11:15 Cardio Drum 2	25 10:30 Fall Prevention 1:00 Seated Exercise	26 10:30 Strength 1:00 Seated Dance	27 10:30 Cardio Drum	28 10:30 Strength	