



Stonehill Wellness Center

Fall 2026 Class Schedule

September 8th-November 25th



Monday	Tuesday	Wednesday	Thursday	Friday
6:45-7:15am Circuits <i>Wendy</i>	6:45-7:15am Power Walk <i>Wendy</i>	6:45-7:45am Step Conditioning <i>Molly</i>	6:45-7:15am Cardio Sweat <i>Wendy</i>	6:45-7:45am Total Conditioning <i>Molly</i>
7:20-7:50am MindFul Movement <i>Wendy</i>	7:20-7:50am *New Class* Balance & Core <i>Wendy</i>	8:00-9:00am Tai Chi <i>Jim Braig</i>	7:20-7:50am *New Class* Power Strength & Building Abs! <i>Wendy</i>	8:00-9:00am Tai Chi <i>Jim Braig</i>
8:30-9:15am Living Strong Plus <i>Stacy</i>	9:30-10:00am Chair Cardio <i>Meredith</i>	8:30-9:30am ZUMBA <i>Stacy</i>	9:30-10:00am Chair Living Strong <i>Meredith</i>	9:30-10:00am Chair Beat Ball <i>Meredith</i>
	10:30-11:30am Yin Yoga <i>Ann</i>	9:30-10:00am Muscle & Memory <i>Meredith</i>		10:30-11:30am Yin Yoga <i>Ann</i>
		10:30-11:30am *New Class* NuStep Cardio <i>Wendy</i>		

CLOSED: Monday, September 7th for Labor Day; Thursday, November 26th for Thanksgiving

Stonehill Communities Wellness Center Hours: Monday-Friday 5:00 am-6:00 pm; Saturday 7:00 am-11:00 am; Sunday closed

Contact Information: Phone: 563-690-9640 Email: wellness@stonehilldbq.com Facebook: Stonehill Wellness Center

All hours, classes and instructors are subject to change at the discretion of the Wellness Staff.

Fall 2026-Group Class Descriptions

LEVEL 1 Classes: Beginner Level

** These classes do not go on the floor**

Chair Living Strong:

Participants will utilize a chair as they work on strength, cardio core, balance and range of motion. Class design allows

Living Strong Plus: Join us in the center for Living Strong Plus; a total body workout with exercise performed seated and standing. Through strength training, cardio endurance exercises, balance work & more. You'll be living strong. Look at this class as a 1.5 skill level.

Chair Beat Ball: Let's make some noise for Beat Ball! Using stability balls and drum sticks, this musical class is great at improving grip strength and range of motion in your upper body. Enjoy the fun times and great tunes!

Chair Cardio: Get your sweat on with chair cardio! This 30-minute class involves a variety of moves and exercises to get that heart rate up while seated in your chair!

Chair Memory & Muscle:

Take your daily workout routine up a notch with purposeful, stimulating brain and memory exercises. Your muscles and memory won't know what's coming next!

Tai Chi:

Use slow, continuous, gentle movements paired with deep breathing and with mental focus to improve balance, strength & overall health

LEVEL 2 Classes: Intermediate Level Classes

** Some of these classes incorporate exercises on the floor**

Cardio Sweat: A 30-minute HIIT style cardio class. These moves are guaranteed to get your heart pumping and the sweat dripping!

Power Walk: Pack some extra steps into your day. Low impact and stress relieving, it's just what you need to get your day started on the right (or left) foot!

Circuits: Work your way through different stations & pieces of equipment to capture a well-rounded workout.

Total Conditioning: This class will include strengthening, balance training, resistance bands, dumbbells, stretching, yoga poses and foam rolling. The sky's the limit!

Yin Yoga: With this practice of yoga, you are targeting the connective tissue rather than the muscular tissues. This class will go through standing and floor lying exercises to work your deep tissues, ligaments, joints, bones and deep fascia networks of the body.

*** New Class ***

Balance & Core

Balance & core workouts focus on stability and resisting movements to build strength to help with daily living activities!

New Class

NuStep Cardio

Low-impact, high-intensity intervals with 1 minute recovery periods to elevate the heart. Off machine balance & stretch will also be incorporated.

LEVEL 3 Classes: Advanced Level Classes

** Level 3 Classes include jumping, running, and floor-based exercise. We encourage you to be comfortable with Level 2 classes before taking 3

*** New Class ***

Power Strength & Building Abs: A high intensity total body strength workout with buildings Abs . This class utilizes resistance bands, medicine balls, kettlebells and your own body weight to give you a jump start to your day!

ZUMBA: Fun Latin rhythms and easy to follow moves will tone, sculpt and melt away stress while leaving you feeling energized.

Step Conditioning: Pair your step aerobics with some strength training. Class will shift from step, to strength, to floor-based exercises in order to capture a full body workout.

Mindful Movement: Looking for the perfect mix of low intensity workout that keeps the burn you desire? Look no further! Pilates will focus on slowly burning your core muscle while strengthening & lengthening your body through controlled movements.