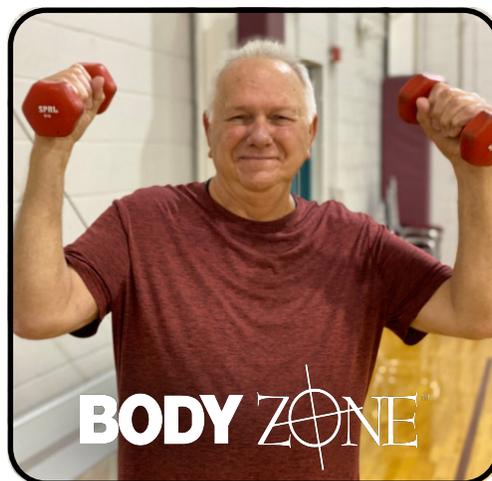


Special Older Adult Wellness Programs

April 13-17, 2026



Please note:

- Active Aging classes on our basketball court will not be taking place from April 13-17
- Body Zone will be closed from 10:30 am - 3:30 pm on April 14 and 15 due to Just Between Friends Consignment Sale

See reverse side for program details and registration information

Monday, April 13

TIME	CLASS/PROGRAM	INSTRUCTOR	LOCATION
11:30 am-12:00 pm	Intro to Cardio Training	Michelle	Cardio loft
12:00-12:30 pm	Intro to Resistance Training (upper body)	Colin	Fitness floor

Wednesday, April 15

TIME	CLASS/PROGRAM	INSTRUCTOR(S)	LOCATION
9:00 am	Guided Wellness Hike	Michelle & Stacie	Blue Marsh

Thursday, April 16

TIME	CLASS/PROGRAM	INSTRUCTOR	LOCATION
9:00-9:30 am	Intro to Cardio Training	John	Cardio Loft
11:30 am-12:00 pm	Intro to Resistance Training (plate loaded)	Michelle	Fitness floor
12:00-12:30 pm	Intro to Cardio Training	Colin	Cardio Loft
12:00-12:50 pm	Chair Yoga (limited capacity)	Beth	Mind Body Studio

Friday, April 17

TIME	CLASS/PROGRAM	INSTRUCTOR	LOCATION
11:00-11:50 am	Tai Chi Fusion (limited capacity)	Kathy	Mind Body Studio
11:30 am-12:00 pm	Intro to Cardio Training	Michelle	Cardio Loft
12:00-12:30 pm	Intro to Resistance Training (lower body)	Colin	Fitness floor

Program Details & Registration Information

Chair Yoga

PLEASE NOTE: No sign up. Very limited class size -- first come, first served

Participants will engage in a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Class ends with restorative breathing and relaxation poses.

Guided Wellness Hike

PLEASE NOTE: Sign up at Guest Services or portal/app

Join Michelle Harris, BZ fitness professional and nutritionist, for a approximately three-mile hike at Blue Marsh beginning at Swiftwater Access Area and in the direction of the Stilling Basin. She'll share ways to amp up your hikes along with stretches, exercises and tips for mindfulness. Bring a water bottle. Meet at Swiftwater Access Area, Leesport 19533

Tai Chi Fusion

PLEASE NOTE: Sign up on the portal/app

This class is a blend of Tai chi, Qigong, Yoga and tapping of acupuncture points -- all gentle and continuous movements to purify and rejuvenate the whole body. Class is appropriate for all, from older adults to athletes. It is performed standing, but participants may sit if needed.

Introduction to Resistance & Cardio Training Sessions by BZ Fitness Professionals Colin Gehringer, Michelle Harris and John McGarvey

PLEASE NOTE: Sign up at Guest Services

Resistance and cardiovascular training outside of group fitness classes is key to improving quality of life. Resistance training is a great way to increase muscle mass while cardiovascular training helps improve endurance. Let's get strong and more fit so we can be more active and have more fun in our daily lives!