



WellFIT Rehabilitation Center Studio Schedule & Policies

1600 Joseph Dr.
Bryan, TX 77802

P (979)731-6131

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---------------------------|-------------------------------------|-------------------|-------------------------------------|---------------------------|
| 7:00 AM | | | | | |
| 7:30 AM | | | | | |
| 8:00 AM | | | | | |
| 8:30 AM | | | | | |
| 9:00 AM | | | | | |
| 9:30 AM | Yoga 9:30 – 10:30a | | | | Yoga 9:30 – 10:30a |
| 10:00 AM | | | | | |
| 10:30 AM | Balance 10:30 – 11:15a | | Yoga 11a – 12p | | Balance 10:30 – 11:15a |
| 11:00 AM | | | | | |
| 11:30 AM | | | | | |
| 12:00 PM | | | | | |
| 12:30 PM | | | | | |
| 1:00 PM | | | | | |
| 1:30 PM | | | | | |
| 2:00 PM | | SilverSneakers Classic 2 – 3p | | SilverSneakers Classic 2 – 3p | |
| 2:30 PM | | | | | |
| 3:00 PM | | | | | |
| 3:30 PM | | | | | |
| 4:00 PM | | | | | |
| 4:30 PM | | | | | |
| 5:00 PM | | | | | |
| 5:30 PM | | | | | |
| 6:00 PM | Tai Chi 6 – 7p | | Tai Chi 6 – 7p | | |
| 6:30 PM | | | | | |
| 7:00 PM | | | | | |

**YOGA, BALANCE & SILVERSNEAKERS are held in the QUILTERS CAFÉ.
TAI CHI is held in the FITNESS STUDIO.**

Studio Class Descriptions

- **Yoga** – will be led by our Certified Yoga Instructor. It is a group fitness class focusing on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance, and joint range of movement.
- **Balance** – will be led by one of our WellFIT Instructors. It is a group fitness class focusing on balance exercises along with some weight training. This class will help improve balance, muscular strength, endurance and joint range of movement.
- **Classic** – A SilverSneakers class that is taught by a Certified SilverSneakers instructor. It is a group fitness class focusing on standing or seated muscular strength and range of movement exercises. This class improves agility, balance, coordination, functional capacity, overall physical fitness and a participant's sense of well-being.
- **Tai Chi** – An exercise that utilizes breathing, visualizations and movements to work the entire body all at once. Tai Chi is used to generate health, longevity and internal strength and power.

Studio Policy

- For the safety and enjoyment of all participants, class sizes will be limited.