



HYPE Recreation Center Western Wayne ** 4635 Howe Rd **
(734) 721-7400

MARCH 2025

CLASS DESCRIPTION

Basic Yoga

All Levels gentle yoga flow class. Start your weekend on the right note with an energetic yet gentle practice focused on self-care. Enhance your digestive system, build balance, strength, and flexibility, and aid in muscle recovery for an active lifestyle or as a gentle re-entry to your exercise routine.

Senior Chair Yoga

This session is designed to help you alleviate morning stiffness and kickstart your day with an active practice using a chair. Suitable for individuals of all ages and fitness levels, especially beneficial for those who spend extended periods sitting in a car, at a desk, or in a chair. Join us as we focus on rebalancing, restoring, and recovering while ensuring safe and supported movement.

Detox Yoga

Join us on for All Levels gentle yoga session aimed at detoxification. Take this opportunity to refresh and detoxify your body after a long day. Learn to synchronize breath with movement to promote overall well-being. This session will include basic, healthy back and flow exercises, providing you with a much-needed self-care hour.

Zumba

Zumba is a form of aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements. The simplicity of the movements is part of the program's appeal.

Silver Sneakers Classic

Silver Sneakers Classic Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, eastice tubing with handles and a SilverSneakers Ball. Often a chair is used for seated exercised or standing support.

Tai-Chi-Chu'an

Tai-Chi is A non competitive martial art known for its health benefits. It combines gentle physical exercise with stretching & mindfulness. Certified Instructors teach basic alignments, breathing techniques & a 12 movement sequence that can also be practiced at home.

	9:00 AM	10:00 AM	12:15 PM	6:00 PM
Monday	Chair Yoga		Silver Sneakers Classic	
Tuesday		Tai-Chi	Silver Sneakers Classic	Zumba
Wednesday			Silver Sneakers Classic	
Thursday			Silver Sneakers Classic	6:15 PM Yoga
Friday				
Saturday	mba 9:30AM	10:30 AM Yoga		
Instructors	Pat	Vonda	Cheryl	Deirdre

Hours of operation
Monday-Friday 6am-10pm
Saturday 8am-8pm
Sunday 8am-8pm