



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

**APRIL 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 exervised 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.*

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

	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 Detox Yoga	
Friday					
Saturday	mba 9:30AM	10:30 AM Basic Yoga			
Instructors	Pat	Vonda	Cheryl	Deirdre	
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