

MONDAY

Gentle Yoga Monday with Jana Parker
Mondays/Wednesdays 9:30 am
May 5– August 13
(No Class 5/26)
Mondays \$84
Monday & Weds \$145
Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Monday Limber Up
Mon/Weds/Fridays 10:45 am
May 5-August 15
(No Class 5/19-26 or 7/2-7)
Mondays \$66
Mon & Weds: \$120
Mon & Fri: \$120
Mon/Weds & Fri: \$148
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

Road Ready Spin® Workshop with Carol Trembley
Mondays, 4:15pm
April 21 – May 12
\$24
A Spin® class riders getting ready for the road or just missing the road in the winter months. Or, even those who have never touched a road bike at all! Simulated rides to prepare you for some of the most popular NEK routes. Building your strength, stamina and self-confidence!

ToneTastic Mondays with Mary Hoadley
Mondays 5:15pm
May 5– August 16
(No Class 5/26, 6/16, 7/14 or 21)
\$66
This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It’s toning, its fantastic, it’s TONETASTIC. Ages 15+

All Star Workout with Mary Hoadley
Mondays 6:15 pm
May 5– August 16
(No Class 5/26, 6/16, 7/14 or 21)
\$66
ALWAYS different and ALWAYS fun! Mixing cardio kickboxing, strength training, Pilates and flexibility work into a perfect workout each class. his total body workout requires ability to get up and down off the ground freely. Ages 15+

ALAB Circuits (BARTON) (All Levels, All Bodies)
Mondays, 5:30 pm
May 5– August 11
NC Primary Care —Barton
(No class 5/26)
\$84
With Wednesdays \$140
This circuit training class is for all levels and all bodies! Increase overall strength and endurance each Monday to kick off the week with right! Requires the ability to get up and down off the ground. Please bring a mat.

TUESDAYS

Tuesday Yoga Share
Annie Christoni, Carolyn Hannan, Mary Hoadley and Jana Parker
Tuesday 9:00 am
May 6-August 12
\$90
This new session is designed for most people with the ability to get up and down from their mat. Our yoga “share,” will consist of a rotation of 4 instructors offering different Yoga modalities from week to week: yin yoga, vinyasa flow, restorative yoga, yoga nidra and more!

TUESDAY Timed Fit with Mary Hoadley
Tuesdays /Thursdays 10:15 am
May 6-August 14
(No class July 15-24)
Tuesdays: \$78
Tues & Thurs: \$130
This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift over-head. Not a “senior” fitness class.

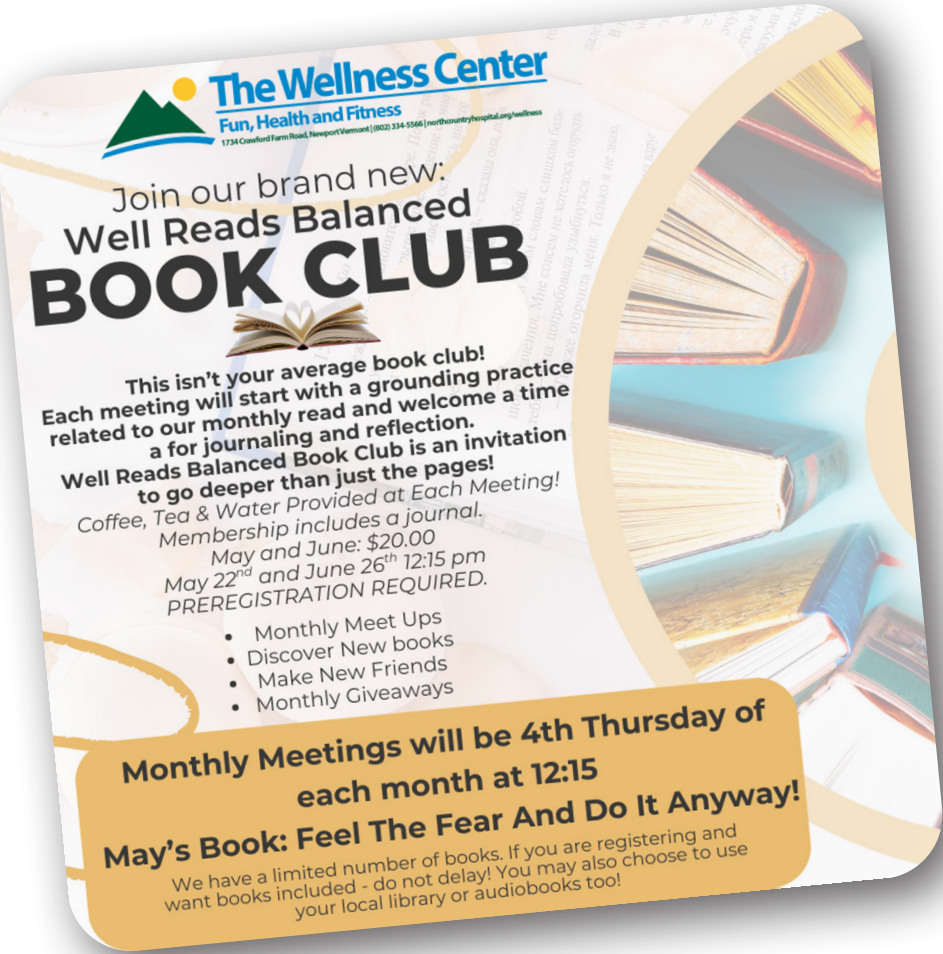


Yogalaties with Mary Hoadley
Tuesdays 4:15 pm
May 6-August 12
(No class 6/17, July 15-24)
Tuesdays: \$72
Tues & Thurs: \$120
A mix of the best in both worlds of Yoga and Pilates. Starting with a Yoga flow, moving into a Pilates series, ending with a deep stretch and relaxation. Each class comes with a manta card.

Zumba® Tuesdays with Mary Hoadley
Tuesdays/Thursdays 5:15 pm
May 6-August 14
(No class 6/17, July 15-24)
Tuesdays: \$72
Tues & Thurs: \$120
That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let’s dance the evening away! This class has all your favorite Zumba® rhythms from around the world. We will celebrate a Red, White and Blue Party on 7/1 & 7/3!

WEDNESDAY

ToneTastic AM with Mary Hoadley
Wednesdays 8:30 am
May 7 -August 13
(No class July 16-23)
\$78
This popular class increases overall body strength! Requires the ability to go up and down and to be on your knees with the use of weights, bands, balls and more. No shoes required. Please bring a mat. It’s toning, its fantastic, it’s TONETASTIC



Gentle Yoga Wednesday with Jana Parker
Mondays/Wednesdays 9:30 am
May 5– August 13
(No Class 5/26)
Wednesdays \$90
Monday & Weds \$145
Designed for most people with the ability to get up and down off the ground and be on their knees. Experience the connection of mind and body with gentle movement and postures. Please dress warmly and bring a mat & bolster, blanket & pillow.

Wednesday Limber Up with Lynn Flint
Mon/Weds/Fridays 10:45 am
May 5-August 15
(No Class 5/19-26 or 7/2-7)
Wednesdays: \$78
Mon & Weds: \$120
Weds & Fri: \$130
Mon/Weds & Fri: \$148
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

Cardio (SPIN®) and Core with Lauren Gillespie
Wednesdays 4:15pm
Monthly Class
\$24/Month
\$48/Month with Saturdays
Ride into the fun with this fast paced class! The first half of this workout is on the Spinning® bikes and then it’s down to the mat for strengthening and stretching! The perfect combo of cardio and core workout. Welcomes most ages and abilities. Ages 15+

BARTON Yoga with Sarah Corrow
Wednesdays 5:30 pm
May 5-August 18 (14 Classes)
(No Class 6/18)
\$84
This class welcomes all and concentrates on physical health and mental well-being. Practice maximizing postures, breathing and meditation techniques. Please bring a mat, blocks and blanket if you have them. Enter from down stairs of Primary Care-Barton.

THURSDAYS

Thursday Yoga with with Judy S.
Thursdays 9:00 am
May 8-August 14
\$90
With Tuesday \$150
This class embraces a harmonious blend of dynamic movement and heart-opening postures. Classes focus on alignment, breath, and meditation, fostering a deep connection between body and mind. Participants will engage in uplifting practices that promote physical strength and emotional well-being.

THURSDAY Timed Fit with Mary Hoadley
Thursdays 10:15 am
May 8-August 14
(No class July 15-24)
Tuesdays: \$78
Tues & Thurs: \$130
This class uses timed intervals and blends strength, cardio, and flexibility into a total body workout that is totally different each class. Requires ability to get up and down freely and to lift over-head. Not a senior fitness designed class.



NEW -Revive, Restore & Rest with Mary Hoadley
Thursdays 4:15 pm
May 8-August 14
(No class 6/17, July 15-24)
Tuesdays: \$72
Tues & Thurs: \$120
This newer class is just what your Thursday ordered! Starting with gentle movement, followed by a deep stretch/restorative postures and ending with an elongated “rest,” also knows as Yoga Nidra. Yoga Nidra, also known as “sleep yoga or yogic sleep” is a guided meditation for effortless relaxation. Each session offers the clinical benefits of 2 hours sleep.

Zumba® Thursday with Mary Hoadley
Tuesdays/Thursdays 5:15 pm
May 8-August 14
(No class 6/17, July 15-24)
Thursdays: \$72
Tues & Thurs: \$120
That same dance party that sweeps the nation is rocking here in the NEK! Grab your water and let’s dance the evening away! This class has all your favorite Zumba® rhythms from around the world. We will celebrate a Red, White and Blue Party on 7/1 & 7/3!



KIDS 2025 Wellness Day

Saturday, May 31st!
9:30 am-Noon at The Wellness Center.
What is this event? Kids **FREE**
Wellness Day is just that!
A **100% FREE** Day for Kids to learn, PLAY and have fun!

FRIDAYS

YinYoga with Faye Tolar
Fridays, 9:15 am
May 9-August 15
(No class 7/4)
\$84
Yin Yoga is a slow-paced practice focusing on passive, seated postures. Increase body mobility while calming the mind. This class is an excellent practice for beginners as well as advanced students.. Please bring a mat, blocks, strap, blanket, and bolster/pillows if you have them.

T.G.I.F. Limber Up with Lynn Flint
Mon/Weds/Fridays 10:45 am
May 9-August 15
(No Class 5/19-26 or 7/2-7)
Fridays: \$78
Mon & Fri: \$120
Weds & Fri: \$130
Mon/Weds & Fri: \$148
Designed for older active adults and those looking to have fun! This class includes low impact aerobics, seated strength, stretching and laugh yoga!

SATURDAYS

Saturday Cardio (SPIN®) and Core with Lauren Gillespie
Saturdays, 7:15 am
Monthly
\$24/Month
\$48/Month with Wednesdays
Ride into the weekend with this fun and fast paced class! The first half of this workout is on the Spinning® bikes and then it’s down to the mat for strengthening and stretching! The perfect combo of cardio and core

Drums Alive® with Hope Guisinger, Helena Vachon & Mary Hoadley
Saturdays, 8:30 am
April 19-May 17
\$30
The best reason to workout on the weekend! Get ready to sweat, smile and strengthen. This class beats to the beat of it’s own drum with easy to follow moves and fantastic music! No drumming experience required or needed! Drumsticks are provided.

SUNDAYS

Ride and Shine Spin® with Rita Gage
Sundays, 8:30 am
May 4-August 10
(No 5/25, 7/6 or 7/27)
\$72
Sundays are for Spinning®! Join us for a musical genre adventure on the Spin® bikes for a great weekend ride every time! Please come a few minutes early to set up your bike. Ages 15+ only!

Notice of Availability Statement:
North Country Hospital provides free appropriate auxiliary aids and services to people with disabilities as well as free language assistance services to people whose primary language is not English in order to communicate effectively with us. These include Qualified language and sign language interpreters, information written in other languages and written information in other formats (large print, audio, accessible electronic formats, other formats). If needed, please contact NCH’s Section 1557 Civil Rights Coordinator at patientrelations@nchsi.org or any clinical staff.