

Mission Ridge Public Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga 8:30-9:30 am Wellness Studio		Yoga 8:30-9:30 am Wellness Studio		
	Aquarobics 10:00-10:45 am Aquatic Center		Aquarobics 10:00-10:45 am Aquatic Center		
Arthritis Foundation Aquatic Program 11:00-11:45 am	Strong Women 10:00-11:00 am Wellness Studio	Arthritis Foundation Aquatic Program 11:00-11:45 am	Strong Women 10:00-11:00 am Wellness Studio	Arthritis Foundation Aquatic Program 11:00-11:45 am	
	Stick Fit 11:00 - 11:45 Wellness Studio		Stick Fit 11:00 - 11:45 Wellness Studio		
Water Walk & Stretch 2:00-2:45pm Aquatic Center	Arthritis Foundation Exercise Program 1:00-2:00pm Wellness Studio	Water Walk & Stretch 2:00-2:45pm Aquatic Center	Arthritis Foundation Exercise Program 1:00-2:00pm Wellness Studio	Water Walk & Stretch 2:00-2:45pm Aquatic Center	
Aerobic Splash 5:00-6:00 pm Aquatic Center		Aerobic Splash 5:00-6:00 pm Aquatic Center			

Punch Card Prices

\$60 for 10 punches ...\$6.00/class
 \$75 for 15 punches ...\$5.00/class
 \$80 for 20 punches ...\$4.00/class

2019 Schedule-Updated June

Contact Erin Adams to find out what special programs are being offered in addition to these continuous classes.

Schedule may be subject to change. A brief orientation and assessment is required before participation in any wellness class.

Contact Erin Adams to set this up or for class confirmation and details at 655-5250 or eadams@sjlm.org.



Public Wellness Classes

3840 Rimrock Rd ~ Billings, MT 59102

Contact Erin Adams for more information at
655-5250 or eadams@sjlm.org

Aquatic Classes

Water Walk & Stretch Mon / Wed / Fri 2:00-2:45 pm

A slower and gentler class that includes water walking with intervals of stretching, range of motion, and toning exercises. Perfect to get you started and moving in the right direction.

Arthritis Foundation Aquatic Program (AFAP) Mon / Wed / Fri 11:00 - 11:45am

A water exercise program designed for people with arthritis and related conditions. This class gives you the opportunity to do gentle activities in warm water without putting excess strain on your joints and muscles. Each class provides a safe and comfortable way to exercise, improve range of motion, and increase overall well being.

Aquarobics with Erin Adams Tuesdays & Thursdays 10:00-10:45 am

Introduces participants to exercising in the water with and without props such as aqua weights and noodles. Get a fun, full body workout using the water's resistance.

Aerobic Splash with Connie Glass Mondays & Wednesdays 5:00-6:00pm

This intermediate water aerobics class provides a great low-impact cardio workout as well as toning and strengthening using aqua weights and noodles.

Other Classes

Mat Yoga with Limber Tree Yoga Studio Instructor Tuesdays & Thursdays 8:30-9:30am

This free flowing yoga class takes place in the Wellness Studio and includes postures and stretches to increase strength and flexibility. All levels are welcome, as individuals are encouraged to work at their own pace. Some of the many benefits of yoga include improved body alignment, increased breathing control and awareness, and stress relief.

Strong Women Tuesdays & Thursdays 10:00-11:00am

This class is a national evidence-based community exercise and nutrition program targeted to midlife and older women. This curriculum will help women increase strength, bone density, balance and energy.

Arthritis Foundation Exercise Program (AFEP) Tuesdays & Thursdays 1:00-2:00pm

This recreational group exercise and education program is specifically designed for people with arthritis and other related conditions. Its multiple components help reduce pain and stiffness, maintain or improve mobility, muscle strength, and functional ability.

Stick Fit Tuesdays & Thursdays 11:00 – 11:45

This fun new class utilizes our Fit-Sticks to enhance the body's ability to lengthen and strengthen, as well as tone and stretch the hard to reach muscles.

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