

WyndStone Public Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Arthritis Foundation Exercise Program 9:15-10:00am Little White Church	Arthritis Foundation Aquatic Program 9:15-10:00am Aquatic Center	Arthritis Foundation Exercise Program 9:15-10:00am Little White Church	Arthritis Foundation Aquatic Program 9:15-10:00am Aquatic Center	Arthritis Foundation Exercise Program 9:15-10:00am Little White Church
	Strong Bones 10:15-11:15am Little White Church		Strong Bones 10:15-11:15am Little White Church	
	Aqua Zumba 11:00am-12:00pm Aquatic Center		Aqua Zumba 11:00am-12:00pm Aquatic Center	

(updated September 2019)

Schedule may be subject to change. A brief orientation and assessment is required before participation in any wellness class. Contact Whitney Buechler to set this up or for class confirmation and details at 325-8605 or wbuechler@sjlm.org.

Punch Card Prices for ongoing classes

- \$50 for 10 punches (\$5/class)
- \$55 for 12 punches ...\$4.58/class
- \$60 for 14 punches ...\$4.28/class
- \$65 for 16 punches ...\$4.06/class
- \$70 for 18 punches ...\$3.88/class
- \$75 for 20 punches ...\$3.75/class
- \$80 for 22 punches ...\$3.63/class
- \$85 for 24 punches ...\$3.54/class



WyndStone Public Wellness Classes
1920 WyndStone Way ~ Billings, MT 59105
Contact Whitney Buechler for more information at
325-8605 or wbuechler@sjlm.org.

Aquatic Classes

Arthritis Foundation Aquatic Program (AFAP) *with Whitney Buechler*

Tues & Thurs 9:15-10:00am

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.

Aqua Zumba *with Patricia Ball*

Tues & Thurs 11:00am-12:00pm

Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. This is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style!

Other Classes

Strong Bones *with Whitney Buechler* **Tues & Thurs 10:15-11:00am**

This class is a national evidence-based community exercise program targeted to midlife and older individuals. This curriculum will help men & women increase muscle strength, bone density, balance and energy. This class does require pre-registration is required for participation.

Arthritis Foundation Exercise Program (AFEP) *with Whitney Buechler*

Mon & Wed & Fri 9:15-10:00am

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. Pre-registration is required for this class.