

Fitness Class Schedule

Monday

9:00-9:45 am – Aqua Fitness in the Pool

A combination of stretches, low impact aerobics in the water, building strength and mobility. Use of noodles and weights as well.

10:30-11:15am – Chair Fitness 1st floor activity room

The focus of this class is on increasing flexibility, coordination, muscle tone and balance as well as providing cardiovascular benefits. This class presents fluid, smooth movements using only body weight. All exercises are performed in a chair.

Tuesday

9:15-10:00am – Fitness in the Exercise Room

This total body workout is suitable for seniors or those new to fitness. This class includes cardiovascular movements, strength, stretch and balance.

Wednesday

9:30-10:15am – Chair Yoga 1st Floor Activity Room

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

10:30-11:30 am – Tai ji Quan: Moving for Better Balance 1st Floor Activity Room

(9/19/18-3/1/19) Research based fall prevention program improves balance and function while decreasing falls and the fear of falling. Classes are twice a week and taught over a 24 week period.

Thursday

9:00-9:45 am - Aqua Fitness in the Pool

A combination of stretches, low impact aerobics in the water, building strength and mobility. Use of noodles and weights as well.

10:30-11:15am – Strength, Toning and Conditioning

This is a total body workout using body weight, light dumb-bells, weight exercise balls or bands in a variety of routines designed to maintain or increase muscle tone, bone density, and cardiovascular fitness. Participants are given options to use only body-weight or to perform some exercises seated or standing.

2:00-3:00pm – Line Dancing 1st Floor Activity Room

Fun routines to a wide variety of music including, Oldies, Big Band, Celtic, Country, Show Tunes and more. Balance, reflexes and memorization are among the skills that dancing develops. Laughter and a supportive atmosphere. No partner required.

Friday

10:00-10:45am – Balance and Exercise with Weights in the Exercise Room

Increase lean muscle mass, improve bone density, improve balance and decrease lower back pain. This work out can be done standing or sitting.

11:45-12:30pm - Tai ji Quan: Moving for Better Balance 1st Floor Activity Room

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