

FITNESS CLASSES



Day	Time	Activity	Location
Monday	9:15 a.m.	Exercise for Arthritis	Recreation Room
	10:30 a.m.	Balance Matters	Recreation Room
Tuesday	10:00 a.m.	Aqua Balance	Pool
	1:00 p.m.	Tai Chi (Paid Class)	Recreation Room
	1:00 p.m.	Stronger Together	Community Room
Wednesday	9:15 a.m.	Cardio Drumming	Recreation Room
	10:30 a.m.	Head to Toe Stretch	Recreation Room
Thursday	10:00 a.m.	Aqua Fit	Pool
	1:00 p.m.	Chair Yoga	Community Room
Friday	10:30 a.m.	Strength & Stretch	Recreation Room
	11:15 a.m.	Ai Chi	Pool
	1:00 p.m.	Balance Beginnings	Community Room

EXERCISE FOR ARTHRITIS

Perform gentle range of motion exercises while standing or seated. This low-impact program has been proven to reduce pain and decrease stiffness.

BALANCE MATTERS

This low-intensity class improves stability and creates a strong core while connecting to our senses and how they affect balance.

AQUA BALANCE

Movement-based training for balance, coordination, agility, and functional strength in the pool.

TAI CHI

Improve your balance, strength, stability, and flexibility. This is a paid class led by an external instructor; please see the back for details.

STRONGER TOGETHER

Move through a full range of exercises with light weights.

CARDIO DRUMMING

Combine cardiovascular exercise with drumming to the music's rhythm. No music experience needed!

HEAD TO TOE STRETCH

Stretching is a great way to reduce aches, loosen up muscles, and relax joints.

AQUA FIT

Get your heart pumping in the pool! Great for those with respiratory, blood pressure, or arthritis issues.

CHAIR YOGA

You will move through a series of seated yoga poses that will gently stretch your muscles, improve joint mobility, and increase flexibility. All levels are welcome.

AI CHI

Inspired by tai chi and qigong, ai chi involves deep breathing and slow, flowing movements in the pool. Ai chi helps improve balance and reduce fatigue.

STRENGTH & STRECH

Work with short bursts of high-intensity, low-impact exercise, followed by brief rest periods.

BALANCE BEGINNINGS

Prevent falls by improving strength, coordination, and stability through exercises and practical strategies.