FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT Friday Drop-In Day Schedule
Spring II 2017 – April 24 – June 25

Instructors/Classes Subject to Change

Revised: 4.17.2017

TIME	FRIDAY	ROOM	INSTRUCTOR
9:00-9:50 am	Strength & Stability	S	Terri
10:00-11:00 am	Aquacize	P	Carolyn/ Anne Marie
11:00am-12:00	Recreational Swim	P	
11:30-12:25pm	Senior Fitness First of each month is Chair Yoga*	GF	Peg/Ursula
12:30-1:45pm	Project Healthy Bones	GF	Terri/Pat

SPECIALTY CLASS			
10:00-10:45 am	**Ageless Grace** THESE DATES ONLY: 5/5 , 5/12, 5/26, 6/2, 6/9, 6/16, 6/23 **(NO CLASS 4/28, 5/19)**	S	Terri

POLICIES

- For safety reasons and in consideration of other participants please be on time
- Please wait for the previous class to leave before entering studio
- Please refrain from wearing perfume or cologne to any class
- Proper attire and footwear required

CLASS DESCRIPTIONS

Ageless Grace: 21 simple tools to lifelong comfort and ease. This class can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. All the exercises are designed to be practiced in a chair and consist of movements that are natural and organic. There is no need to learn any special choreography.

Aquacize: Exercises done in the pool put less stress on your joints. Class spends time in shallow and deep water, but you may stay wherever you're comfortable. You do not have to know how to swim to take this class. Floatation devices are provided.

***Chair Yoga:** The gentlest form of yoga. As yoga poses are typically done on the floor, Chair Yoga is easier on those less limber muscles. It is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain and for those that find it difficult to get up and down from the floor. ***Class held every first Friday of every month.**

Project Healthy Bones: Exercise, good nutrition and education can significantly decrease the risk of osteoporosis and prevent further deterioration of the bones in people who already have the disease. PHB is an osteoporosis prevention, exercise and education program for older adults. It is designed to improve strength, balance and flexibility using balance and strength training exercises, which target the body's larger muscle groups. PHB will also educate you on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors as they relate to osteoporosis. **MEDICAL CLEARANCE REQUIRED.** *See Member Service Desk for medical form.* **Members Free/Non-member fee $50 per session**

Strength & Stability: By doing strength and stability exercises regularly you can help reduce your risk of injury from an accident. This circuit class incorporates balance techniques with strength exercises. Over time you will notice that you will feel steady and more confident when you move and engage in daily activities.

Senior Fitness: This low-impact cardio workout is designed with the older adult in mind. You will start out with a warm-up and stretch, easy to follow cardio for about 20 minutes, then muscle strengthening, ending with cool down/relaxation. ***The first Friday of the month will be Chair Yoga**

Health & Fitness Center: May be used at any time on Fridays.

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KEY:

G	Gymnasium	S	Scribner Room
GF	Group Fitness Studio	P	Pool