



## Description of Classes

**Advanced Tai Chi-(Kate and Erick)** This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance & coordination of the muscular, skeletal & cardiovascular systems. (Intermediate to Advanced)

**Aqua Arthritis-(Eileen)** This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination. (All levels)

**Aqua Balance-(Ellen)** Water provides additional support as well as resistance which makes it a great location for this exercise. (All levels)

**Aqua PiYo Chi-(Ellen)** This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment. (All levels)

**Beginner Balance-(Eileen, Kerry)** This class will help to increase balance awareness by concentrating on 3 essentials cues: Visual, inner ear & where arms & legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance.

**Advance Balance-(Eileen, Jen)** Balance helps advance stability & equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, Stability Balls & Foam Rollers are used to increase balance awareness.

**Tai Chi for Balance-(Kate)** Improve balance, strength and flexibility, increase your range of motion & build strength in lower extremities. Chair supported progressions are available. Tai Chi can be adapted for anyone, from people who are fit to folks who use a walker or a wheelchair. (Beginner)

**Cardio Sculpt-(Kerry)** Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching. (Advanced)

**Chair Yoga-(Noreen)** Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement. (All levels)

**Osteo-Yoga-(Noreen)** This is a mat low impact class that helps to strengthen bones. No yoga knowledge or experience is needed. Use your own body for weight bearing without using h& held weights. Classic yoga & adaptive/modified poses are incorporated. (Intermediate to Advance)

**Sit to be Fit-(Kerry)** A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support. (Beginner to Intermediate)

**Water Works-(Eileen)** This high energy workout improves agility, flexibility, cardiovascular endurance & muscular strength. This class is perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints. (All levels)

**Zumba Gold-(Kerry)** The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance! (Advanced)

## What's Happening in Fitness

### September is fall prevention month

#### Easy steps anyone can take today

##### **Begin a regular exercise program that include strength and balance training**

- Lack of exercise leads to weakness and increases the chance of a fall
- Ask your doctor or health care worker about the best exercises for you

##### **Have your medications checked by a professional**

- Make sure they check all medicines, even those purchased over the counter
- As you get older, the way some medicines work in your body can change
- Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall

##### **Have your vision checked by an eye doctor**

- You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision
- Poor vision can increase your chances of falling.

##### **Make your home as safe as possible**

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights on all stairs.
- Wear shoes that give good support and have non-slip soles. Avoid going barefoot, wearing slippers and athletic shoes with deep treads.

## **Class Cancellations or Changes for September**

There are no class cancellations for the month of September

Please note: That the **Thursday, September 20<sup>th</sup>** Advanced Balance class is at **2:30 pm to 3:15 PM** just for this week