

Active Older Adult Classes

Tuesday, May 29 - Sunday, September 2

| MONDAY | |
|--------------|-----------------------------------|
| 8:00-9:00a | Gentle Yoga Sheila |
| 10:45-11:30a | Chair Yoga (B) Audrey |
| 11:00-11:50a | Ai Chi Kris |
| 11:00-12:00p | Yoga Basics Liza |
| 12:15-1:15p | Heart Plus Toning (AOA) Audrey |

| TUESDAY | |
|--------------|-----------------------------------|
| 10:30-11:15a | Soft Tai Chi/ Qi Gong Liza |
| 11:30-12:30p | Strength & Balance Dale |
| 1:00-2:15p | Restorative Yoga Marjorie |

| WEDNESDAY | |
|--------------|----------------------------|
| 11:00-11:50a | Ai Chi Canella |
| 11:30-12:20p | Heart Plus Werner |
| 1:45-2:30p | Chair Yoga Maryanna |

| THURSDAY | |
|--------------|---------------------------------|
| 8:00-9:00a | Gentle Yoga Marlene |
| 11:30-12:45p | Restorative Yoga Marlene |
| 12:00-1:00p | Strength & Balance Dale |
| 1:15-2:00p | Tai Chi Tom |

| FRIDAY | |
|--------------|------------------------|
| 11:00-11:50a | Ai Chi Canella |
| 11:05-12:05p | Heart Plus Kris |

| SATURDAY | |
|--------------|---------------------------------|
| 11:30-12:45p | Restorative Yoga Marlene |

- = Main Studio
- = Mind/Body Studio
- = Therapy Pool
- = Banquet Room

All classes are suitable for our senior members.

Ai Chi — Similar to tai chi but performed in the Warm Water Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep.

Aqua Yoga — Yoga in the water is an exciting way to begin or continue your yoga practice. The feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. A practice of mostly standing postures (head stays above water) are presented with props and modifications, making the practice of yoga accessible to EVERY BODY. Both beginning and experienced yogis welcome!

Chair Yoga — a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Fit for Life — Improve strength, balance, core stability and posture using body weight and resistance bands.

Gentle Yoga — Yoga for active older adults, beginners or those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

Heart Plus — Focus on strength, balance, core stability and posture using a variety of fitness equipment.

Heart Plus Toning — Focus more on strength and cardio exercises to strengthen your muscular and vascular systems!

Restorative Yoga — This class is slow and meditative, linking slower movements, alignment and breath work. Each pose (asana) is held comfortably and longer than other yoga classes. This deep relaxation releases hormones that rebuild and regenerate the body. Class is ideal for beginners, those returning to exercise or for participants with minor injuries.

Soft Tai Chi/Qi Gong — This class emphasizes energy awareness and movement through traditional Qi Gong exercises. Class participants will also work through gentle warm ups and balancing exercises while learning a short and long “set” or form, eventually working towards a portable self practice.

Strength & Balance — Improve your posture, balance and flexibility. Class consists of light strengthening with exercise bands, free weights, stretching and relaxation exercises.

Tai Chi — Tai Chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of mind/body relaxation.

Yoga Basics — Beginner class working on basic poses (asanas) and flows with attention to alignment and breath awareness.

Class times, formats, and instructors are subject to change without notice. Low attendance classes are subject to cancellation at any time.

Studios are a Cell-Free Zone. Cell phones may be used in the café, library and lobby areas only.

For more information, please contact Amy Pierce at 847.535.7173

