

Moving with Arthritis

12 Fridays, March 6–May 29, \$72, 12 p.m.

12 Mondays, March 2–May 18, \$72, 12 p.m.

This Arthritis Foundation program is proven to reduce the pain and stiffness associated with arthritis. Ellen will demonstrate exercises for every joint in the body from head to toe. The exercises can be performed sitting or standing. Strength training with light weights included. You will leave class feeling renewed.

Balance & Posture for Fall Prevention

12 Fridays, March 6–May 29, \$72, 11 a.m.

12 Mondays, March 2–May 18, \$72, 11 a.m.

This program is designed to decrease the risk of falling and improve upper and lower body strength. Posture exercises will strengthen the muscles that support the spine which are crucial to overall balance and alignment. Strength training with light weights included. Chairs will be used for support.

Cardio Plus Strength – Debbie

13 Tuesdays, March 3–May 26, \$91, 12:05 p.m.

or 11 Fridays, March 6–May 29 (no class April 10 or 17), & 77 10 a.m.

Move, dance and mingle as you strengthen your heart, increase range of motion and strengthen bone. Thirty minutes of continuous moderate intensity cardiovascular training followed by weight training and flexibility. Emphasis given to proper body alignment for a healthier spine. Great music and great comradery!

Chair Fitness – Debbie

13 Tuesdays, March 3–May 26, \$91, 11 a.m.

or 13 Thursdays, March 5–May 28, \$91, 12:05 p.m.

It's never too late to exercise! Strengthen your heart, increase the range of motion of your joints and strengthen your muscles and bones – all while seated in a chair! It's fun and engaging.

Muscles in Motion - Debbie - 13 Thursdays, March 5–May 28, \$91, 11:00 a.m.

Understand the practice of using mind and body (the neuro-muscular junction) to create strong, toned, flexible bodies. Learn proper body movements to lift, bend and carry without compromising an aging spine – our lifeline!

Dance with Ginger

11 Mondays, March 2–May 18, (no class April 6), \$66, 8:40 a.m.

13 Wednesdays, March 4–May 27, \$78, 10:15 a.m.

Great music, easy-to-follow choreography and high energy instruction will have you moving to the beat and having so much fun that you will forget that you're working out! Class ends with 15 minutes of strength, core and balance training.

Fit for Life-12 Mondays, March 2–May 18, \$72, 1:45-2:45 p.m.

This class focuses on upper, lower and core muscle strength while emphasizing posture and balance. Participants use their own body weight and stretch bands in a power circuit of exercises. This class integrates elements of sports conditioning, yoga and Pilates. It is a dynamic program, yet it is safe and every aspect is scalable to almost any fitness level. Brain teasers included!

Intermediate Qigong + Tai Chi

13 Wednesdays, March 4–May 27, 9-10:15 a.m., \$130

or 12 Fridays, March 6–May 29, 8:40 - 9:55 a.m., \$120

Students will learn a beautiful Tai Chi form and also practice a series of slow, dance-like Qigong movements which will help increase stamina and vitality, reduce stress, enhance the immune system, improve balance, and aid cardiovascular, respiratory, circulatory, lymphatic, and digestive functions. Students at all levels will benefit from this practice. New students are welcome!

Tai Chi with Wendy -12 Mondays, March 2–May 18, 2:50-3:50 p.m., \$108

Modern medical research has shown that, properly practiced, Tai Chi's slow meditative motions can revitalize the life support system, reducing heart rate and blood pressure, and increasing stamina, balance, leg strength and vital life-force (chi). You will also learn deep breathing exercises and be introduced to authentic Zen meditation, attuning you to new dimensions of growth. Class welcomes beginning students.

Small Group Fitness - Jesscia

12 Thursdays, March 5–May 21

Group A: 1:10-1:55, \$108

Moderate - Advanced Level class

Experience the creativity, motivation, and attention of a personal trainer with the benefits of a supportive fitness community. Variety is key, so no workout is ever the same. Each session will focus on fun ways to sculpt, tone, and increase strength, mobility, and endurance. Limited to 8.

12 Thursdays, March 5–May 21

Group B: 2-2:45 p.m., \$108

Beginners

Find out why the attention of a personal trainer, using simple equipment such as light to medium weights, resistance bands, and chairs, is all that is needed to maximize results and make the class fun. Limited to 8.

As an ACE Certified Personal Trainer, Jessica's mission is to motivate her students by making fitness fun.

Pilates-on-the-Ball, 13 Tuesdays, March 3-May 26, 9:55 a.m., \$78, Intermediate

Pilates-on-the-ball exercises improve your balance and strengthen your core. A combination of mat Pilates and stability ball (Swiss ball) exercises are performed with specific breathing patterns to strengthen the core muscles such as the abdominals, back, and hips. You will improve your flexibility, balance, and posture. Students should bring a ball and a mat. Limited to 15.

Yoga Fusion, 13 Thursdays, March 5–May 28, 9:55 a.m., \$78

This perfect combination of yoga and Pilates will improve your balance and strengthen your core. Yoga promotes bone health, increases flexibility and range of motion, and reduces stress.

Pilates strengthens abdominal, back and hip muscles while improving balance and flexibility. This is the perfect blend for creating a long, lean, strong, flexible and balanced body and mind. Suitable for beginning and intermediate students.

Deep Release Stretch

11 Mondays, March 2–May 18, 9:45 a.m. \$110 (one cancellation in April TBA)

These one-hour classes, influenced by the principles of yoga, emphasize floor postures that stretch, open and release the entire body. Students will work on joint mobility (neck, hips, shoulders), spinal flexion and muscle flexibility. Healthy movement, healthier body! All levels welcome. Students should bring two yoga blocks, blanket and strap.

Feldenrais -12 Tuesdays, March 3-May 19, 1:10 pm., \$108

Do you struggle to tie your shoelaces? Are those troublesome hips/knees/back/shoulders getting you down? We all have unique movement habits that after 50, 60 or 70 years will inevitably provoke some wear and tear. Feldenkrais floor lessons are gentle movement sequences designed to bring your personal movement habits into your awareness where you can not only evaluate their usefulness but also chose from a whole repertoire of potentially more efficient options. Learning new ways to move and do daily tasks will alleviate pain, reduce stress, and improve your ideas about what you are capable of doing.

