

LAPHAM 'S EXERCISE CLASSES

Moving with Arthritis

12 Fridays, Sept. 6-Nov. 22, noon, \$72

11 Mondays., Sept. 9-Nov. 25, noon, \$66

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:

12 Fridays, Sept. 6-Nov. 22, 11:05 a.m., \$72

11 Mondays., Sept. 9-Nov. 25, 11 a.m., \$66

This program is designed to decrease the risk of falling and improve upper and lower body strength. Balance 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

Resistance Bands –

NEW DAY: 12 Tuesdays, Sept. 10-Nov. 26, 1:10-1:40 p.m., \$36

Resistance Bands are a simple but effective way of working all muscles. They will improve range of motion, flexibility and strength. Exercises will be done both seated and standing.

Cardio Plus Strength – Debbie

12 Tuesdays, Sept. 10-Nov. 26, 12:05 p.m., \$84 or 12 Fridays, Sept. 6-Nov. 22, 10 a.m., \$84

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

12 Tuesdays, Sept. 10-Nov. 26, 11 a.m., \$84 or 12 Thursdays, Sept. 5-Nov. 21, 12:05 p.m., \$84

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. Meet new friends. For all fitness levels.

Muscles in Motion – Debbie

12 Thursdays, Sept. 5-Nov. 21, 11 a.m., \$84

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, Sept. 9 - Nov. 25, 8:40 a.m. \$66 or
11 Wed., Sept. 11 - Nov. 20, 10:15 a.m., \$66

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 with Mike

11 Mondays, September 9-November 25, 1:45-2:45 p.m., \$66

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. It will integrate 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!

Pilates-on-the-Ball

12 Tuesdays, September 10-November 26, 9:55 a.m., \$72, 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.

Yoga Fusion

12 Thursdays, September 5-November 21, 9:55 a.m., \$72

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

10 Mondays, September 9-November 18, 9:45 a.m. - \$100

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. Props needed, two yoga blocks, blanket and strap.

Feldendrais

10 Tuesdays, September 17-November 19, 1:10 pm., \$90

After a Feldenkrais floor class, people often experience changes that seem to defy logic – a mysterious reduction in pain, the sudden discovery of ease, or the sensation of movement where there had been little before. When we combine a series of gentle movements with relaxation and attention, important sensory information is communicated from our muscles to our brains. Feldenkrais is not “exercise” in the traditional sense. It is a sophisticated and unique way to take advantage of our innate brain plasticity to usher in new, healthier movement, better balance and greater vitality.

NEW: Barre Fitness

11 Wednesdays, September 11 - November 20, 12:35 - 1:35 p.m., \$77

Using chairs for the “barre”, small balls and light weights, we will focus on small range of movement isometric exercises to lengthen, strengthen and tone. This is a fun class with movements in synch with upbeat music. It’s a fusion of ballet, Pilates and yoga done standing, seated and on the floor. Bring a mat.

NEW: Small Group Cancer Recovery

11 Wednesdays, Sept. 11–Nov. 20, 1:40 - 2:45 p.m., \$99

Students use light weights, straps, foam rollers, small and larger balls. Focused sessions incorporate flexibility, balance, cardio conditioning and strengthening work. Programming helps survivors regain or attain optimal health and fitness post cancer. Cheryl pays close attention to form and load to avoid onset of lymphedema and other common cancer side-effects. Small groups of no more than ten people provides all participants with personalized attention and the opportunity to progress at their own pace. Limited to 8 participants.

Cheryl believes fitness should be fun and that variety in your activities means you don’t get bored.

Gentle Yoga,

11 Mondays, Sept. 9-Nov. 25, 9:45-11 a.m., \$110

Yoga offers participants a gentle, full-body stretch and, through self-awareness, fosters improvements in posture, while increasing balance, flexibility, strength and stamina. Yoga is also known to decrease stress, muscle tension, and blood pressure. Proper breathing techniques promote health in all body systems. This is a chair-based yoga.

Mindful Yoga,

12 Thursdays, September 5-November 21, 8:30 - 9:45 a.m. \$120

Experience the true essence of yoga. While stretching and strengthening the entire body learn powerful breathing techniques that will calm the nervous system. The practice of yoga “builds the muscle” of concentration counteracting the over stimulation of today’s world.

Mindful Yoga allows us to settle into the deep serenity of our true nature. Life becomes a meditation in motion.. Bring a mat to class.

Intermediate Qigong + Tai Chi with Lucy

11 Wednesdays, September 11-November 20, 9-10:15 a.m., \$110
or 12 Fridays, September 6-November 22, 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: Beg. Tai Chi + Stretch

11 Wednesdays, September 11-November 20, 11:15, \$99

. Used for thousands of years in China to build energy, improve and maintain health and cultivate peace of mind, these easy to learn practices are designed to enhance your vitality and well being. Lucy will include those forms that also promote stretching so you will leave feeling refreshed and revitalized.

Wellspring Tai Chi with Wendy

NEW DAY: 9 Mondays, September 16 - November 18 , 2:50-3:50 p.m. \$90

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 profoundly deep breathing exercises and be introduced to authentic Zen meditation, attuning you to new dimensions growth. Class welcomes beginning students.

NEW: Small Group Fitness

Thursdays, September 12-November 21, Group A 1:10-1:55; Group B 2-2:45 p.m., \$99

Experience the creativity, motivation, and attention of a personal trainer with the benefits of a supportive fitness community. This 45-minute total body workout set to upbeat music is designed to improve fitness results and overall health for people of all fitness levels. Variety is key so no workout is ever the same. Simple equipment such as light to medium weights, resistance bands, and chairs is all that is needed to maximize results. Each workout will focus on fun ways to sculpt, tone, and increase strength, mobility, and endurance. Limited to 8.

As an ACE Certified Personal Trainer, Jessica's mission is to motivate and show people the power in making fitness fun.