



Summer Fitness Schedule

Big & Steady Movements begins May 11th—Aug 3rd (12 week class only).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	Strength for Posture	Balance	Strength & Stretch	Cardio for Health	
9:30AM	Gentle Posture & Strength	Balance Basics	Gentle Strength & Stretch	Cardio for Health	Fitness Video
10:00AM		Park walk			
10:15AM	Fitness Walk & Stretch		Fitness Walk & Stretch		
11:00AM				Wii Bowling	
11:30AM	Big & Steady Movement				
1:00PM		Mindful Movement	Recreational Lawn Games		Fitness Class Key Standing/ Walking Seated/ Supported Mixed Level
2:00PM				Pool w/ Fred	
3:30PM		Bean Bag Baseball			

	SATURDAY
9:30AM	Fitness Video

Fitness Equipment Orientation

Drop in, no need to sign up. Juana or Michele will introduce you to the fitness equipment and room.

Monday—Thursday when classes are not in session.

Class Descriptions:

All fitness classes are 30 minutes long & are designed with the support of a chair

Balance : *For individuals comfortable standing and walking independently, this class builds balance using dynamic movements (turning, stepping patterns) to improve stability and coordination.*

Balance Basics: *It combines seated and standing exercises to improve balance, strength, and coordination. Participants will practice safe movements, including transitions and stepping patterns, to build stability and confidence in daily activities.*

Big & Steady: *Focus on strength, balance, and large, controlled movements to improve stability, mobility, and confidence in everyday activities.*

Bean Bag Baseball : *A fun recreational game that is great for balance and cardio.*

Cardio for Health : *A heart-healthy workout designed for all levels. Improve endurance, energy, and overall wellness at your own pace.*

Fitness Walk &Stretch: *Brisk walking class to build stamina and boost step count (1–2 miles), followed by gentle standing stretches. Dress for the weather.*

Gentle/Strength and Stretch: *A group full-body workout using weights and resistance bands, combined with bodyweight exercises that target the major muscle groups of the upper and lower body.*

Gentle/Strength for Posture: *A low impact class that combines resisted and stretching exercises to maintain muscle strength, joint mobility, and overall wellness.*

Wii Bowling: *Played on the Nintendo Wii console. It's a fun and accessible recreational activity suitable for all ages, promoting light physical movement and social interaction.*

Mindful Movement: *A gentle class centered on breathing, stretching, and flexibility to help you relax, move with ease, and feel more balanced.*

Reacation Lawn Games: *Enjoy fun, light outdoor games on the lawn (weather permitting). A great way to stay active and connect with others.*