

Fall/Winter Fitness & Rec Activity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Posture & Core (Level 2)	Steady Steps (Level 2)	Functional Movement (Level 2)	Steady Steps: On the Move (Level 2)	
9:30 AM	Sit Tall: Posture & Core (Level 1)	Steady Seats (Level 1)	Everyday Movement & Mobility (Level 1)	Steady Seats: In Motion (Level 1)	Fitness Video
10:05 AM		Wii Bowling (Rec)			
10:20 AM		Indoor Walk & Strength (Level 3)			
11:00 AM			Chair Cardio Drumming (Level 1)	Wii Bowling (Rec)	
11:30 AM	Steady Flow Cardio (Level 2)				
2:30 PM				Pool w/ Fred (Rec)	
3:30 PM		Beanbag Baseball (Rec)			

	Saturday
9:30 AM	Fitness Video

Fitness Equipment Orientation

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

When: Monday—Thursday when classes are not in session.

Fitness Class Key

-  **Level 1:** Chair - Based Easy
-  **Level 2:** Seated or Standing (Moderate)
-  **Level 3:** Standing (Higher Intensity)
-  **Recreation:** Casual Games & Social
-  **Fitness Video:** Self - Paced

Class Descriptions:

All fitness classes are **30 minutes** long & are designed with the support of a chair so you can move safely and confidently!

Beanbag Baseball: Take me out to the ball game! A lively, low impact community favorite that sneaks in some great cardio and balance work while you play for the home or visiting team.

Chair Cardio Drumming: Rock while you workout! Grab some drumsticks and tap along to the beat, fun rhythms right from your chair. It's an energizing way to boost your heart rate and mood.

Everyday Movement & Mobility: Keep your body moving smoothly! This class uses gentle, flowing exercises to loosen up stiff joints, improve your flexibility, and make daily reaching and bending feel easier.

Functional Movement: Strength for everyday life! We focus on the exact muscles groups you use for daily tasks- like lifting groceries, standing up, easily, and reaching high shelves.

Indoor Walk & Strength: Let's get moving inside! Enjoy a brisk indoor walk paired with light, refreshing strength intervals as we move between floors. Great for legs and lung power!

Posture & Core/ Sit Tall: Stand tall and feel confident! This class focuses on strengthening your core, back, and alignment to support your posture and keep you moving.

Pool w/ Fred: Rack 'em up with Fred! Join neighbors at the pool table for a friendly game of billiards. Whether you're a seasoned pro or just want to learn the game and chat, all skill levels welcome.

Steady Flow Cardio: Think big, move strong! Keep your body moving to a steady beat with this high-energy, low-impact fitness experience. We use large, rhythmic intervals to safely drive up your heart rate, build strong cores, and sharpen your daily coordination. Come grow tall in your spine, shake off stiffness, and build the stamina to take on your day with total confidence!

Steady Steps & Steady Seats [Static Balance] : Find your center and stay steady! These classes focuses on building "still" balance - helping you feel strong, upright, and balanced while sitting down or standing up.

Steady Steps: On the Move & Steady Seats: In Motion: Find your footing and have fun! This class uses gentle, active movements to help you feel stable, coordinated, and confident while moving around.

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.