

ADULT PROGRAMS

SENIOR CARDIO CLASS

SENIOR CHAIR FITNESS

AGES: 60 and Older
WHERE: Community Center
WHEN: September 14 to December 9
DAYS: Tuesday and Thursday (13 weeks)
(No class 11/25)
TIME: 10:00AM to 10:50AM
MIN/MAX: 12/35

AGES: 60 and Older
WHERE: Community Center
WHEN: September 17 to November 19
DAY: Friday (10 weeks)
TIME: 9:00AM to 9:50AM or
 10:00AM to 10:50AM
MIN/MAX: 10/50
FEE: FREE

**Energy
for Seniors!**

FEES (per session):	Until Sept. 1	
	Discount Price	Regular Price
FC Member	\$42	\$52
SH Resident	\$47	\$57
Non Resident	\$52	\$62

**25
Classes**

"Exercise is fun and safe for seniors." Start your day out with Tammy Tjoelker by getting your body in motion. We'll do range of motion, balance, and stretching exercises with the aid of a chair, along with "moving to the music". Then exercise with tubing to increase upper body strength. Resistance Tubing will be provided.

Join Cindy Copenhaver, an experienced Senior Fitness instructor, for a class full of fun, including exercise and weight training. Appropriate music will be used to get your body going. Weights and mats will be provided. Come and join us, you may meet some new friends there. All fitness levels can participate.



CHAIR FITNESS CHALLENGE Monday & Wednesday Arthritis Foundation Exercise Program

**2 Days
A Week**

CHAIR FITNESS Monday & Wednesday Arthritis Foundation Exercise Program

AGES: 18 and Older
WHERE: Community Center
WHEN: **Session 1:** September 13 to October 27
Session 2: November 1 to December 15
DAY: Monday & Wednesday (7 weeks)
TIME: 10:00AM to 10:45AM
MIN/MAX: 10/25

AGES: 18 and Older
WHERE: Community Center
WHEN: **Session 1:** September 13 to October 27
Session 2: November 1 to December 15
DAYS: Monday & Wednesday (7 weeks)
TIME: 10:00AM to 10:45AM
MIN/MAX: 10/25

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$35	\$45	\$35	\$45
SH Resident	\$37	\$47	\$37	\$47
Non Resident	\$39	\$49	\$39	\$49

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$35	\$45	\$35	\$45
SH Resident	\$37	\$47	\$37	\$47
Non Resident	\$39	\$49	\$39	\$49

It's time to kick it up a notch...Challenge your body as we revise this chair fitness class. Any adult can join this fitness class especially if your doctor has advised you to get moving. The exercises offered are evidenced based by research from the Arthritis Foundation to improve Strength, Flexibility, Endurance, Balance and Posture, plus help decrease pain caused by arthritis, inactivity, or recent surgeries. Exercises will be offered while using the assistance of the chair, and when you're ready, stay for the floor mat segment of class. Hand and ankle weights, resistance bands and mats will be provided. Joanne Schutt is the certified Arthritis Foundation instructor. You will be so happy you joined !!!!

Increase your Range of Motion and strength by doing gentle, beneficial exercises which will keep you moving and independent. These exercises will improve your flexibility, posture, balance, strength and endurance plus help decrease pain caused by arthritis, inactivity, or recent surgeries. Participants will begin exercises with the assistance of a chair for balance or until endurance increases. This class is offered in partnership with the Arthritis Foundation. For evidenced based results, class is now offered two times per week. Any adult can join this Fitness class... Dyanne Elzia is the certified Arthritis Foundation instructor. Resistance Bands + weights Provided. Give it a try!