

# October Fitness Schedule

## Apartment Residents

Classes will be held in the Dick & Pat Nyquist Family Chapel

*\*Please check your Meadows Moments for any changes.*

			<b>Thursday 1</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Friday 2</b> <b>8:45</b> Tai Chi <b>9:15</b> Sit and Be Fit
<b>Monday 5</b> <b>8:45</b> Stretch <b>9:15</b> Sit and Be Fit <b>9:45</b> Morning Walk	<b>Tuesday 6</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Wednesday 7</b> <b>8:45</b> Stretch <b>9:15</b> Balance <b>9:45</b> Morning Walk	<b>Thursday 8</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Friday 9</b> <b>8:45</b> Tai Chi <b>9:15</b> Sit and Be Fit
<b>Monday 12</b> <b>8:45</b> Stretch <b>9:15</b> Sit and Be Fit <b>9:45</b> Morning Walk	<b>Tuesday 13</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Wednesday 14</b> <b>8:45</b> Stretch <b>9:15</b> Balance <b>9:45</b> Morning Walk	<b>Thursday 15</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Friday 16</b> <b>8:45</b> Tai Chi <b>9:15</b> Sit and Be Fit
<b>Monday 19</b> <b>8:45</b> Stretch <b>9:15</b> Sit and Be Fit <b>9:45</b> Morning Walk	<b>Tuesday 20</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Wednesday 21</b> <b>8:45</b> Stretch <b>9:15</b> Balance <b>9:45</b> Morning Walk	<b>Thursday 22</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Friday 23</b> <b>8:45</b> Tai Chi <b>9:15</b> Sit and Be Fit
<b>Monday 26</b> <b>8:45</b> Stretch <b>9:15</b> Sit and Be Fit <b>9:45</b> Morning Walk	<b>Tuesday 27</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Wednesday 28</b> <b>8:45</b> Stretch <b>9:15</b> Balance <b>9:45</b> Morning Walk	<b>Thursday 29</b> <b>8:45</b> Healthy Hands <b>9:15</b> Functional Fitness/Strength	<b>Friday 30</b> <b>8:45</b> Tai Chi <b>9:15</b> Sit and Be Fit

# Fitness Descriptions

## Announcements

**Sign up for classes** by calling **Sue at 316-6907** or **sign up in class**.

If you would still like to have one-on-one service at your home (garage, patio or driveway), please contact me to set up a time at 316-6907.

If you have any questions, please do not hesitate to contact me.

I look forward to seeing everyone in class.

In health, Sue Ady  
Fitness Coordinator

### ***Build Your Immunity with Exercise***

Immune cells circulate the body during exercise and for two or three hours afterward.

Aim for 30 to 60 minutes of exercise or walking that is brisk enough to make you breathe hard.

Bonus: this also helps your lung capacity and heart health.

## LEVEL 1 CLASSES

All Levels

*Chair-based Exercises*

### **Healthy Hands**

A therapeutic class designed for the hands to build strength, increase mobility, flexibility, and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

### **Sit & Be Fit**

Full body exercises using resistance bands and/or dumbbells to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

### **Stretch**

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

### **Morning Walk**

Lets get walking. If you like to walk or want to start walking more, lets make it more enjoyable and do it together. We will meet in front of the Dick & Pat Nyquist Family Chapel.

## LEVEL 2 CLASSES

Intermediate to Advanced

*Standing & Seated Exercises*

### **Functional Fitness**

This class incorporates constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

### **Tai Chi**

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

### **Balance**

A variety of exercises that mimic everyday movement. Exercises are performed **out of your chair** and are designed to help improve balance, mobility, and help with fall prevention.