

# March Fitness Schedule

Apartment Residents  
\*Masks and social distancing are required  
during Fitness Programs.

## Announcements

**Sign up for classes at the front desk. If you have any questions, please do not hesitate to contact me.**  
**I look forward to seeing everyone in class.**

## Let The Sunshine In!

Sunshine, and the vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it is stepping out onto your deck for a few minutes.

When it is particularly cold, open your blinds and spend some time sitting by the window.

Don't underestimate the value of light and sunshine in helping your energy level and your overall

## *Fitness Descriptions*

### 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.  
\*Weather Permitting

### 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.

<p><b>Monday 1</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Sit and Be Fit</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Tuesday 2</b></p> <p><b>8:45</b> Healthy Hands</p> <p><b>9:15</b> Functional Fitness/Strength</p>	<p><b>Wednesday 3</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Balance</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Thursday 4</b></p> <p><b>8:45</b> Tai Chi</p> <p><b>9:15</b> Sit and Be Fit</p>	<p><b>Friday 5</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Functional Strength</p>
<p><b>Monday 8</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Sit and Be Fit</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Tuesday 9</b></p> <p><b>8:45</b> Healthy Hands</p> <p><b>9:15</b> Functional Fitness/Strength</p>	<p><b>Wednesday 10</b></p> <p><b>MPR</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Balance</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Thursday 11</b></p> <p><b>8:45</b> Tai Chi</p> <p><b>9:15</b> Sit and Be Fit</p>	<p><b>Friday 12</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Functional Strength</p>
<p><b>Monday 15</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Sit and Be Fit</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Tuesday 16</b></p> <p><b>8:45</b> Healthy Hands</p> <p><b>9:15</b> Functional Fitness/Strength</p>	<p><b>Wednesday 17</b></p> <p><b>MPR</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Balance</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Thursday 18</b></p> <p><b>8:45</b> Tai Chi</p> <p><b>9:15</b> Sit and Be Fit</p>	<p><b>Friday 19</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Functional Strength</p>
<p><b>Monday 22</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Sit and Be Fit</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Tuesday 23</b></p> <p><b>8:45</b> Healthy Hands</p> <p><b>9:15</b> Functional Fitness/Strength</p>	<p><b>Wednesday 24</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Balance</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Thursday 25</b></p> <p><b>8:45</b> Tai Chi</p> <p><b>9:15</b> Sit and Be Fit</p>	<p><b>Friday 26</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Functional Strength</p>
<p><b>Monday 29</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Sit and Be Fit</p> <p><b>9:45</b> Morning Walk</p>	<p><b>Tuesday 30</b></p> <p><b>8:45</b> Healthy Hands</p> <p><b>9:15</b> Functional Fitness/Strength</p>	<p><b>Wednesday 31</b></p> <p><b>8:45</b> Stretch</p> <p><b>9:15</b> Balance</p> <p><b>9:45</b> Morning Walk</p>	<p><b>March 2021</b></p> <p><b>Classes will be held in the Dick &amp; Pat Nyquist Family Chapel</b></p> <p><i>*Please check your Meadows Moments for any changes.</i></p>	

# March Fitness Schedule

Meadows Home Residents

\*Masks and social distancing are required during Fitness Programs.

## **Announcements:**

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

## **Fitness Center Open**

**Mondays: 10:00-11:00**

**Tuesday/Thursday:**

## **Let The Sunshine In!**

Sunshine, and the vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it is stepping out onto your deck for a few minutes.

When it is particularly cold, open your blinds and spend some time sitting by the window.

Don't underestimate the value of light and sunshine in helping your energy level and

# *Fitness Descriptions*

## **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.

### **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.

### **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.

<p><b>Monday 1</b></p> <p><b>10:30</b> Sit and Be Fit</p>	<p><b>Tuesday 2</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Wednesday 3</b></p> <p><b>10:30</b> Sit and Be Fit</p> <p><b>11:00</b> Healthy Hands</p>	<p><b>Thursday 4</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Friday 5</b></p> <p><b>10:30</b> Balance</p>
<p><b>Monday 8</b></p> <p><b>10:30</b> Sit and Be Fit</p>	<p><b>Tuesday 9</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Wednesday 10</b></p> <p><b><u>No Fitness Classes</u></b></p>	<p><b>Thursday 11</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Friday 12</b></p> <p><b>10:30</b> Balance</p> <p><b>11:00</b> Healthy Hands</p>
<p><b>Monday 15</b></p> <p><b>10:30</b> Sit and Be Fit</p>	<p><b>Tuesday 16</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Wednesday 17</b></p> <p><b><u>No Fitness Classes</u></b></p>	<p><b>Thursday 18</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Friday 19</b></p> <p><b>10:30</b> Balance</p> <p><b>11:00</b> Healthy Hands</p>
<p><b>Monday 22</b></p> <p><b>10:30</b> Sit and Be Fit</p>	<p><b>Tuesday 23</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Wednesday 24</b></p> <p><b>10:30</b> Sit and Be Fit</p> <p><b>11:00</b> Healthy Hands</p>	<p><b>Thursday 25</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Friday 26</b></p> <p><b>10:30</b> Balance</p>
<p><b>Monday 29</b></p> <p><b>10:30</b> Sit and Be Fit</p>	<p><b>Tuesday 30</b></p> <p><b>10:30</b> Functional Fitness/ Strength</p> <p><b>11:00</b> Tai Chi</p>	<p><b>Wednesday 31</b></p> <p><b>10:30</b> Sit and Be Fit</p> <p><b>11:00</b> Healthy Hands</p>	<p><b>March 2021</b></p> <p><b>Classes will be held in the Dick &amp; Pat Nyquist Family Chapel</b></p> <p><i>*Please check your Meadows Moments for any changes.</i></p>	