

July Fitness Schedule

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

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

I look forward to seeing everyone in class.

*Sue Ady, Fitness Coordinator
#316-6907*

Protect Your Eyes!



Leaving your eyes exposed to the harsh summer sun can be detrimental to the health of your eyes. When outdoors, make sure that you are wearing sunglasses that block at least 99% of ultraviolet A and B rays at all times to prevent cataracts.

Sport larger shades with wraparound frames and wide lenses for better protection.

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 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 the Dick & Pat Nyquist Family Chapel.

*Outdoor Walk, 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, hip strength and help with fall prevention.

Floor exercise

This 20 minute class will include exercises performed on a mat on the floor, we will do basic stretches and core strengthening .

July 2021

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

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

Thursday 1
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
10:30 Walk

Friday 2
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Monday 5

Independence Day Observed
No Fitness Classes

Tuesday 6
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
10:30 Walk

Wednesday 7
9:00 Stretch
9:30 Balance
10:00 Floor Exercise

Thursday 8
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
10:30 Walk

Friday 9
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Monday 12
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 13
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
10:30 Walk

Wednesday 14
Classes in MPR
9:00 Stretch
9:30 Balance
10:00 Floor Exercise

Thursday 15
Classes in MPR
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
10:30 Walk

Friday 16
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Monday 19
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 20
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
10:30 Walk

Wednesday 21
9:00 Stretch
9:30 Balance
10:00 Floor Exercise

Thursday 22
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
10:30 Walk

Friday 23
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Monday 26
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 27
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
10:30 Walk

Wednesday 28
9:00 Stretch
9:30 Balance
10:00 Floor Exercise

Thursday 29
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
10:30 Walk

Friday 30
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise