

Monday 1

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

Tuesday 2

9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 3

9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 4

9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
11:00 Sit and Be Fit

Friday 5

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

Monday 8

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

Tuesday 9

9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 10

9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 11

MPR

9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy Hands
11:00 Sit and Be Fit

Friday 12

MPR

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

Monday 15

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

Tuesday 16

9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 17

9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 18

8:45 Sit and Be Fit
9:30 **Resident Council**
10:30 Tai Chi

Friday 19

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

Monday 22

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

Tuesday 23

9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 24

9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 25

Happy Thanksgiving



Friday 26

9:00 Fitness Video

Monday 29

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

Tuesday 30

9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi
11:00 Sit and Be Fit

November 2021

Classes will be held in the Dick & Pat Nyquist Family Chapel
**Please check your Meadows Moments for any changes.*

November 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*

Exercise

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It can be hard to find the motivation to exercise as the days get shorter and the winter blues kick in, but training is the cure to improving your health this November!

Now is a good time to try a group fitness class.

Getting your heart rate up and blood pumping for 150 minutes a week will help you beat the winter blues and fatigue from November until spring.

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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.

Let's Dance!

Follow along on the big screen to some dance sequences, to upbeat Music, that get the body moving and the heart pumping.

*Chairs will be available to take breaks if needed

LEVEL 2 CLASSES

Intermediate to Advanced

Standing & Seated Exercises

Functional Strength

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, that includes stretching and core strengthening .