

December 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*



Christmas Fun Facts

- Santa has more than 30 different names.
- “Jingle Bells” was the first song played in space.
- Tinsel was once made of real silver.
- The tradition of putting up Christmas trees is more than 500 years old.
- There are more than 630 different types of Christmas trees.
- Thomas Edison and his business partner invented Christmas lights.
- There are nearly 750 different versions of “Silent Night.”
- Home Alone is the highest-grossing Christmas movie of all time.
- People in Japan eat at KFC on Christmas.

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 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, that includes stretching and core strengthening .

December 2021

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

*Please check your Meadows
Moments for any changes.



Wednesday 1
9:00 Stretch
9:30 Balance
10:00 Floor
Exercise
11:00 *Let's Dance*

Thursday 2
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy
Hands
11:00 Sit and Be Fit

Friday 3
9:00 Stretch
9:30 Functional
Strength
10:00 Floor Exercise

Monday 6
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 7
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 8
9:00 Stretch
9:30 Balance
10:00 Floor
Exercise
11:00 *Let's Dance*

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

Friday 10

9:00
Fitness Video

Monday 13
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 14
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 15
9:00 Stretch
9:30 Balance
10:00 Floor
Exercise
11:00 *Let's Dance*

Thursday 16
8:45 Sit and Be Fit
9:30 **Resident
Council**
10:30 Tai Chi

Friday 17
9:00 Stretch
9:30 Functional
Strength
10:00 Floor Exercise

Monday 20
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 21
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 22
9:00 Stretch
9:30 Balance
10:00 Floor
Exercise
11:00 *Let's Dance*

Thursday 23
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Healthy
Hands
11:00 Sit and Be Fit

Friday 24
MERRY CHRISTMAS!

9:00 FITNESS VIDEO

Monday 27
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 28
9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi
11:00 Sit and Be Fit

Wednesday 29
9:00 Stretch
9:30 Balance
10:00 Floor
Exercise
11:00 *Let's Dance*

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

Friday 31
HAPPY NEW YEAR!

9:00 FITNESS VIDEO