

August Fitness Schedule

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

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

Sue Ady, Fitness Coordinator #316-6907

It's HOT... HYDRATE

Drinking enough water each day is crucial for many reasons:

- To regulate body temperature
- Keep joints lubricated
- Prevent infections
- Deliver nutrients to cells
- Keep organs functioning properly

Being well-hydrated also *improves sleep quality, cognition and mood.*

How to improve hydration:

Keep a bottle of water with you during the day. If you don't like the taste of plain water, try adding a slice of lemon or lime. Drink water before and after a workout. When you're feeling hungry, drink water.



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 and line dances to upbeat music, that get the body moving and the heart pumping.



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 .

<p><i>Monday 1</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 2</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 3</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 4</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:30 Morning Walk</p>	<p><i>Friday 5</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 8</i></p> <p>NO FITNESS CLASSES</p>	<p><i>Tuesday 9</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 10</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 11</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:30 Morning Walk</p>	<p><i>Friday 12</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 15</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 16</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 17</i></p> <p>8:45 Stretch 9:30 RESIDENT COUNCIL 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 18</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:30 Morning Walk</p>	<p><i>Friday 19</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 22</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 23</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 24</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 25</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi</p>	<p><i>Friday 26</i></p> <p>NO FITNESS CLASSES</p>
<p><i>Monday 29</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 30</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 31</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>		

August 2022



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

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