

September Fitness Schedule

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

Sue Ady, Fitness Coordinator

#316-6907

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

September is Healthy Aging Month:

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.

Do not act your age! What was your best year so far? 28? 40? Now? Picture yourself at that age and be it.

Be positive in your conversations and your actions every day.

How's your smile? Research shows people who smile more often are happier.

Start walking not only for your health but to see the neighbors.

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

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 .

September 2022

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

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

<p><i>Monday 5</i></p> <p>Labor Day</p>	<p><i>Tuesday 6</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 7</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 1</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:00 Morning Walk</p>	<p><i>Friday 2</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 12</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 13</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 14</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 8</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:00 Morning Walk</p>	<p><i>Friday 9</i></p> <p>MPR*</p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 19</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 20</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 21</i></p> <p>8:45 Stretch 9:30 RESIDENT COUNCIL 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 15</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:00 Morning Walk</p>	<p><i>Friday 16</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 26</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 27</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 28</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 22</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:00 Morning Walk</p>	<p><i>Friday 23</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>
<p><i>Monday 26</i></p> <p>9:00 Stretch 9:30 Sit and Be Fit 10:00 Balance</p>	<p><i>Tuesday 27</i></p> <p>9:00 Healthy Hands 9:30 Functional Strength 10:00 Tai Chi</p>	<p><i>Wednesday 28</i></p> <p>9:00 Stretch 9:30 Balance 10:00 Floor Exercise 11:00 <i>Let's Dance</i></p>	<p><i>Thursday 29</i></p> <p>9:00 Sit and Be Fit 9:30 Tai Chi 10:00 Morning Walk</p>	<p><i>Friday 30</i></p> <p>9:00 Stretch 9:30 Functional Strength 10:00 Floor Exercise</p>