

October Fitness Schedule



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

Folklore for the Season:

- * When deer are in a gray coat in October, expect a hard winter.
- * Much rain in October, much wind in December.
- A warm October means a cold February.

Q: What is a pumpkin's favorite sport?
A: Squash! :)

Enjoy the cooler weather outdoors — Now that the cooler weather is here, there's no better time to enjoy the outdoors. Take in the beauty of the changing leaves, the crisp air, and the sounds of nature. In fact, a walk in nature can boost your mood and creativity while also relaxing you.

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 .

Monday 3
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 4
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi

Wednesday 5
9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 6
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Morning Walk

Friday 7
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

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

Tuesday 11
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi

Wednesday 12
9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 13
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Morning Walk

Friday 14
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Monday 17
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 18
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi

Wednesday 19
8:45 Stretch
9:30 **RESIDENT COUNCIL**
11:00 *Let's Dance*

Thursday 20
NO FITNESS CLASSES

Friday 21
9:00 Stretch video with Sue

Monday 24
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

Tuesday 25
9:00 Healthy Hands
9:30 Functional Strength
10:00 Tai Chi

Wednesday 26
9:00 Stretch
9:30 Balance
10:00 Floor Exercise
11:00 *Let's Dance*

Thursday 27
9:00 Sit and Be Fit
9:30 Tai Chi
10:00 Morning Walk

Friday 28
9:00 Stretch
9:30 Functional Strength
10:00 Floor Exercise

Friday 31
9:00 Stretch
9:30 Sit and Be Fit
10:00 Balance

October 2022



Welcome to the
Peterson Meadows
Community

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