

HEALTH / WELLNESS

Title	When	Time	Description	Cost
Arthritis Exercise Class	Mondays	11:15-11:45 a.m.	Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Badminton	Mondays, Wednesdays Fridays	2:30-3:45 p.m. 1-3:45 p.m.	Health and Wellness activity.	Free
Blood Pressure Clinics	2 nd Tuesday	10-11 a.m.	with Kerry	Free
Brain Fitness	Thursdays	1 p.m.	Recreational activity	Free
Chair Exercise	<u>DVD</u> : Mon / Tue / Thu <u>Live</u> : Wed / Fri	9:30 a.m.	Health and Wellness activity with Donna. Our most popular exercise class!	Free
Fit for Life	Mondays Thursday	10:30 a.m. 11:20 a.m.	Health and Wellness activity.	Free
Gentle Balance Exercise DVD	Fridays	1 p.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Gentle Strength Exercise DVD	Tuesdays	11:15 a.m.	For all levels of ability. Health and Wellness activity, focusing on balance, range of motion, joint movements.	Free
Line Dance with Hiroko	Tuesdays (Intermediate) (Beginner)	12-1 p.m. 11a.m. -12 p.m.	This is an Intermediate Line Dance class. This is a Beginner Line Dance class. Give it a try!	P
Line Dance with Lily	Mondays (Intermediate) Wednesdays (Improve)	12 noon-1 and 1-2 p.m. 12 noon-1 and 1-2 p.m.	These are Intermediate Line Dance classes. Refresh your skills in Improve Line Dance classes. Join us for fun!	P
Ping Pong Table 2nd floor	Monday through Friday	8 a.m. to 3:45 p.m.		Free
Ping Pong Tables (3) Ballroom B	Monday through Friday	See description	Mondays, 8 a.m.to 1 p.m. Tuesdays, 8 a.m. to 2:45 p.m. Wednesdays, 8 a.m. to 1 p.m. Thursdays, 8 a.m. to 3:45 p.m. Fridays, 8 a.m. to 12:45 p.m.	Free

RX Relax Yoga	Thursdays	10:45 a.m.	Try this highly recommended, evidence-based program. Seated yoga is designed to build a strong and flexible body, a more robust brain, a resilient outlook on life and assist with pain management.	Free
S.A.I.L. Exercise	Fridays Tuesdays	10:15 a.m. 2 p.m.	An evidence based 12-week Stay Active and Independent for Life exercise program! Baseline assessments and surveys will be taken before your first class.	Free/ Video/RR Free/RR
Safety with Wyleng	Third Mondays	11 a.m. 1 p.m.	The Fire & Rescue Department's Life Safety Education Specialist will teach us about various topics related to home and fire safety.	Free
Tai Chi & Exercise	Mondays &Wednesdays	9:30-10:30 a.m.	Health and Wellness activity. We will begin with exercises, then a short break and end with Tai Chi (3 repetitions).	Free
Walking Excursions	Tuesdays	10:15 a.m.	Health and Wellness activity. Dependent on the weather.	Free
Yoga Breathing DVD	Mondays, Wednesdays Fridays	11 a.m. 11:15 a.m.	Health and Wellness activity. DVD with Vijaya	Free
ZUMBA GOLD	Mondays & Wednesdays	1:30 p.m.	Zumba Gold® is a lower-intensity Zumba® class, which has been modified to accommodate older adults while recreating the original moves you love. How it Works: The class is designed to focus on balance, range of motion and coordination through easy-to-follow Zumba® choreography. Come ready to sweat and prepare to leave empowered and feeling strong. <u>Benefits:</u> Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! *Wear comfortable workout clothes & athletic shoes (preferably with smooth bottoms). Bring a water bottle!	P/RR