

Exercise Classes at the Auburn Senior Center



Strength & Balance

Tuesdays at 1:00pm & Thursdays at 10:00am

Strengthen & tone your upper and lower body while improving your mobility and balance with these seated and standing exercises using a chair and light hand weights (if desired). Led by Ace Certified Fitness Trainer Lin Hultgren. All levels are welcome! Beginner and modification friendly. Make a positive difference in your health today! This is a drop in class, you do not need to pre-register, \$3.00 donation per class.

Line Dancing - Wednesdays at 10:00am

Traditional line dancing; fox trot, waltz, rumba, and cha cha. Footwork is broken down for easy learning and cued while dancing. Line dancing can be good cardiovascular exercise and help improve coordination while having lots of fun. Taught by Helene Hanam. This is a drop in class, you do not need to pre-register, \$3.00 donation per class.

Pedaling Exercise - Fridays at 10:00am

Auburn Visiting Nurses run this low impact pedaling class for arms and legs. Participants remain seated while exercising upper and lower extremities. It is a cardiovascular workout even if you have balance issues. You can make modifications in tension, distance and time. This class can work to strengthen your arms, legs, and shoulders and improve heart health.

Zumba Gold

Mondays at 9:00am

Zumba Gold is a fitness program for the active older adult. Using dance, Zumba Gold is a fun, and effective work out that will keep you coming back for more! Zumba Gold uses a wide variety of dance styles and rhythms. The choreography focuses on range of motion, coordination, and balance. The class is taught by Steph Bolduc, a local certified Zumba instructor. This is a drop in class, you do not need to pre-register, \$3.00 donation per class.

Yoga

Tuesdays at 9:00am

Yoga for older adults is practiced with the use of a chair and incorporates breathing practices (*Pranayama*), focus (*Meditation*) and movement (*Asana*). *Asana* moves all the joints through a range of motion which will improve strength, flexibility and steadiness. Ann Ramsey is a certified registered yoga teacher of the E-RYT 500 level and has been teaching yoga to older adults for 10 years. This is a drop in class, you do not need to pre-register, \$3.00 donation per class.

