

# Exercise Classes

## Yoga

**Mondays at 9:30am**

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 15 years. This is a drop in class, you do not need to pre-register. \$3.00 donation per class.

## Chair Dance

**Tuesdays at 9:15am**

Chair dance encourages health and fitness for active people or those whose physical condition, restricted mobility, or age, limits their participation in conventional forms of exercise. Chair dancing is a fun, energizing and social activity suited for all ages - it's dancing with your soul. This class is taught by instructor Forty Arroyo. This is a drop in class, you do not need to pre-register. \$3.00 donation per class.

## Move while you Groove

**Tuesdays at 10:30am**

Move and groove is dance fitness. It is moving to music however it moves you. The instructor guides you through a series of routines combining dance with exercise. She'll warm you up and cool you down. It's ideal for active adults who like to move and can go the distance. It's great for the heart, easy on the joints and a whole lot of fun. This is a drop in class, you do not need to pre-register. \$3.00 donation per class. Taught by Forty Arroyo.

## Strength & Balance

**Wednesdays at 10:00am**

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**Fridays 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.

## Senior Sweat - Thursdays at 10:00am

This class emphasizes balance, stretching and strengthening. Also posture, coordination and essential muscle groups such as upper chest core and buttocks. Most of the class exercise will be in a chair or will use a chair for safety. This is a drop in class, you do not need to pre-register. \$3.00 donation per class. This class is taught by Dr. Harvey Clermont.

## Walking Club - Monday & Wednesday

**at 9:00am**

The group meets every Monday and Wednesday at 9:00am. During the summer months, meet at Lemansky Field, 400 Oxford Street North., Auburn. During the winter months the group meets at the Auburn Mall. Lace up your sneakers and join the fun!