



**Classes dedicated to OR appropriate for our senior members.**

**Ai Chi** – Similar to Tai Chi but is performed in the Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep.

**Better Bones** – Designed for the individual with osteoporosis with a focus is on stretching, posture and balance. Light weights, resistance balls and bands are used.

**Gentle Yoga** – Yoga for those looking for a gentler, more fundamental approach. This class will educate your body on the basics of yoga flows and asanas (poses) while improving alignment and flexibility.

**Heart Plus** – This class focuses on strength, balance, core stability, and posture using a variety of fitness equipment.

**Pilates Mat (Beg. /Int.)** – An introduction to the work of Joseph Pilates, this class focuses on learning these mind-body exercises proven to increase core strength, balance and flexibility.

**Posture Plus** – Improve your posture, balance, and flexibility. Class consists of light strengthening with exercise bands, free weights, and the resist-a-ball, stretching and relaxation exercises.

**Restorative Yoga** – This class is slow and meditative linking slower movements, alignment and breath work. Each pose (asana) is held in as comfortable a position as possible and held longer. This deep relaxation releases hormones that rebuild and regenerate the body. Calm the mind and body; relax and renew! Class is ideal for beginners, those returning to exercise, or for participants with minor injuries.

**Yoga Basics** – Slow paced yoga with attention to alignment and breath awareness. Students will work on lying, seated, and standing poses



# Active Older Adult Classes

Sept. 7-Oct. 31,  
2010

All classes are dedicated to our senior members. "Green" denotes new class, new time, or new instructor.

## MONDAY

8:30-9:25a	Gentle Yoga	Mind/Body Studio	Liane
11:15-12:00p	Heart Plus	Mind/Body Studio	Diane
11:00-11:45p	Ai Chi	Therapy Pool	Ali/Dori
1:00-2:00p	Yoga Basics	Mind/Body Studio	Wendy
1:00p-2:00p	Better Bones	Main Studio	Louise

## TUESDAY

9:00-10:00a	Pilates Mat (Beg/Int)	Mind/Body Studio	Loralee
11:30-12:25p	Posture Plus	Main Studio	Diane

## WEDNESDAY

11:15-12:00p	Heart Plus	Spin Room	Kris
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## THURSDAY

8:00-8:50a	Gentle Yoga	Mind/Body Studio	Liane
11:30-12:30p	Posture Plus	Main Studio	Diane
11:30-12:45p	Restorative Yoga	Mind/Body Studio	Pauline

## FRIDAY

11:00-11:45p	Ai Chi	Therapy Pool	Ali/Dori
11:15-12:00p	Heart Plus	Main Studio	Kris



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