



## ACTIVE OLDER ADULT CLASSES

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.

**Body Stretch** – Gain flexibility and strength while combining the benefits of yoga, Tai Chi, and Pilates. Warm up is flowing Tai Chi moves to center and warm your body, followed by Pilates and yoga poses designed to add tone and increase range of motion. The last ten minutes are reserved for meditation which will leave you centered, calm and refreshed.

**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

Oct. 31-Dec. 18, 2011

All classes are suitable for our senior members.

MONDAY	8:30-9:25a 11:00-11:45a 11:15-12:15p 1:00p-2:00p	Gentle Yoga Ai Chi Yoga Basics Better Bones	Mind/Body Studio Therapy Pool Mind/Body Studio Main Studio	Wendy Ali/Dori Jenny Dale
TUESDAY	9:00-10:00a 11:30-12:30p 1:00-2:15p	Pilates Mat (Beg/Int) Posture Plus Restorative Yoga	Mind/Body Studio Main Studio Mind/Body Studio	Loralee Diane Pauline
WEDNESDAY	<u>11:30-12:15p</u>	Heart Plus	<u>Main Studio</u>	Kris
THURSDAY	<u>8:00-9:15a</u> 11:30-12:30p 11:30-12:45p	Gentle Yoga Posture Plus Restorative Yoga	Mind/Body Studio Main Studio Mind/Body Studio	Fiona Diane Pauline
FRIDAY	11:00-11:45a 11:20-12:05p	Ai Chi Heart Plus	Therapy Pool Main Studio	Ali/Dori Kris



Group Exercise Director, Lisa Hamilton  
lhamilton@lfh.org  
847-535-7173

www.health-fitnesscenters.com