



ACTIVE OLDER ADULT

Classes dedicated to OR appropriate for our senior members.

Beginner Pilates – 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.

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

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.

Posture Plus – Improve your posture in this innovative format. Enhance posture, balance, joint stability and flexibility. Strength training is also included with bands and tubing, and the

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.



Active Older Adult Classes

June 1- August 15
2010

All classes are MULTI-LEVEL unless otherwise noted. We will be closed on Sunday, July 4 ----- Independence Day.

MONDAY

8:30-9:25a	Gentle Yoga	Mind/Body Studio	Liane
11:15-12:00p	Heart Plus	Mind/Body Studio	Diane
12:05-1:05p	Yoga Basics	Mind/Body Studio	Wendy
1:00p-2:00p	Better Bones	Main Studio	Sue

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

8:00-8:45a	Pilates Mat Fundamentals	Mind/Body Studio	Liane
11:30-12:30p	Posture Plus	Main Studio	Diane
11:30-12:45p	Restorative Yoga	Mind/Body Studio	Pauline/Wendy

FRIDAY

11:15-12:00p	Heart Plus	Main Studio	Amy/Kris
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