



ACTIVE OLDER ADULT CLASSES

Classes dedicated to/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.

Strength & Balance – 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

Jan. 2-March 4, 2012

All classes are suitable for our senior members.

MONDAY	8:15-9:15a 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) <u>Strength & Balance</u> Restorative Yoga	Mind/Body Studio Main Studio Mind/Body Studio	Loralee Diane Pauline
WEDNESDAY	11:30-12:15p	Heart Plus	Main Studio	Kris
THURSDAY	8:00-9:15a 11:30-12:30p 11:30-12:45p	Gentle Yoga <u>Strength & Balance</u> 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



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