

Revised Spring 2022 Exercise Class Schedule Starting Week of April 25th:

While Terri Zaborowski is out on medical leave through early to mid-June, there are qualified fitness instructors filling in for some of her classes. There are other regularly scheduled classes to participate in as well and the gym to use for those who have received training on using the equipment. ActonTV has recorded some of Terri's classes which can be viewed from home on ActonTV's local channels on cable TV, its website www.actontv.com and its YouTube channel www.youtube.com/actontv1.

Tai Chi with Linda Sango

Mondays, April 4th through June 27th, 11:00-12:00 No class April 18th, May 30th, June 20th

This Tai Chi class is open to all levels of participants. It uses Formless Dragon style Tai Chi, a modern re-examination of classical Tai Chi. Linda Sango studies under Jeff Coté, Occidental Taoist, who after decades of practice in multiple styles of Tai Chi, began distilling the essence of Tai Chi into fundamental principles. Instead of focusing on learning as many form movements as possible, students will be encouraged to learn single movements and explore postural, movement and conceptual principles immediately. Tai Chi is known to improve the health of body, mind and spirit while improving balance. *Linda Sango, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote' since 2002 and has been teaching classes to seniors since 2010. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.*

Senior Fitness

Tuesdays, April 26th through June 7th, 8:30-9:30 with Loraie McCall

Thursdays, April 28th through June 9th, 8:30-9:30 with Kristy Rodman

Have fun as you move to the music with this safe and heart-healthy class which uses low-impact movements to energize your active lifestyle. After 30 minutes of aerobics, you will work on building your muscle strength and flexibility with upper and lower body exercises using hand held weights in both standing and seated positions. We finish with a 5-10 minute full body stretch and relaxation segment. Weights are provided by the center.

Active Aging

Tuesdays, April 26th through June 7th, 9:45-10:45 with Loraie McCall

Thursdays, April 28th through June 9th, 9:45-10:45 with Kristy Rodman

This class focuses on functional fitness with exercises designed to help seniors maintain strength, balance and independence. It is designed for every fitness level and modifications and adaptations are demonstrated. Start with flexibility training in a warm-up to increase the range of motion of your joints, followed by balance exercises to improve your gait and confidence in your daily routines, proceed to resistance training to build lean muscle and increase bone density all to the beat of the music! There is a 5 minute stretch segment at the end. The last 15 minutes is an optional cardio training segment to maintain heart and lung function using low-impact dance movements. Entire class is done seated or standing.

Wellness Yoga with Patsy Brightman

Wednesdays, April 6th through June 29th, 10:00-11:15

The last Wednesday of each month is a healthy joint class

This gentle yoga class is appropriate for beginners as well as more seasoned yoga students. Wellness yoga classes emphasize a coordination of movement and breath as well as good alignment for safety and stability. It is a practice that will leave you feeling rejuvenated as you walk out of the door. Every class includes gentle movement sequences done seated and standing, breathing exercises, guided meditation, and a closing deep relaxation. Medical studies have shown that some of the greatest benefits of a yoga practice include stress reduction and better sleep, improved posture and balance, increased joint mobility/flexibility, restored body-mind connection, and a greater sense of well-being. A yoga mat is optional. Funded by an Executive Office of Elder Affairs grant; \$1 donation per class requested. *Patsy Brightman is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.*

Stretch and Flex with Lorae McCall

Thursdays, April 28th through June 9th, 3:00-4:00

This class is designed to help seniors maintain their strength, flexibility and independence with both standing and seated exercises using resistance bands. Start with a warm-up moving the body and joints through their full range of motion without resistance to the music. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility and leave you feeling great! Resistance bands are provided by the center. Entire class is done seated or standing.

NouVonne Fitness with Yvonne Benelli

Fridays, April 8th through June 24th, 9:45-10:45

No class on June 3rd

This class is truly an enjoyable total workout designed by Yvonne Benelli to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, some cardio/dance, stretching and relaxation. Strengthen, stretch, balance and benefit your muscles, joints, heart and lungs, as well as your mood and general well-being. Done standing and sitting, modify to suit your own needs. Class begins with a gentle warm-up. Hand weights and balls (optional and supplied by Center) are used for resistance strength training. Class ends with a soothing cool down phase of stretch and relaxation. Reduce stress and clear your mind! You will leave class feeling re-energized, rejuvenated and relaxed...ready for your day! A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines. *Yvonne Benelli holds an MS in Clinical Exercise Physiology, a BS in Physical Education, and taught American Red Cross CPR/First Aid for over 40 years as well as a multitude of fitness classes, including current classes in AquaCize, Water Aerobics, Pilates and Personal Training (on land and in water).*

Gentle Chair Exercises with Yvonne Benelli

Fridays, April 8th through June 24th, 11:00-11:30

No class on June 3rd

This low-impact program aims to increase strength, balance and coordination and is best suited for people getting little physical activity. Small hand weights and exercise balls are used and are provided by the Center or you may bring your own. Some of the balance exercises are done standing but can be modified for those wishing to stay seated. A \$1.00 donation per class or \$10 for full session is suggested, per Executive Office of Elder Affairs grant guidelines.