

## **Fitness Class Descriptions**

- Fitness classes are only open to Acton seniors (age 60 and up)
- Most classes are free; exceptions are noted in the class description
- See the current *Acton Council on Aging at the Senior Center* newsletter for class dates and times
- You will also be asked to sign a waiver form stating fitness to exercise.

### **Active Aging with Terri Zaborowski**

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. Length of class: 45 minutes to 1 hour.

### **Chair Flow Yoga with Rebecca Reber**

This active chair yoga class combines yoga poses, stretches, breathing and relaxation techniques while sitting or standing (holding the chair). Enjoy the benefits of reducing anxiety, lowering blood pressure while building strength and balance to feel better in your body and mind. The Center will have some yoga blocks and straps available, but please bring your own if possible (can be a scarf and shoebox).

Length of class: 45 minutes

### **NouVonne Fitness with Yvonne Benelli**

This class is designed to be suitable for all fitness levels, focusing on the specific needs of seniors, including balance, stability, core strengthening, posture, muscular strength, cardio/dance, stretching and relaxation! Done while standing and sitting. Strengthen, balance and benefit your muscles, joints, heart & lungs, as well as your mood and general well-being. Improve your flexibility and range of motion. Hand weights and balls (optional and supplied by Center) are used for strength training. Class ends with a soothing cool down phase of stretch & relaxation. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$1.00 donation per class or \$10 for the full session is suggested. Length of class: 1 hour.

### **Senior Fitness with Terri Zaborowski**

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. Length of class: 1 hour.

### **Stretch & Flex with Terri Zaborowski**

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.

Length of class: 1 hour.

## Tai Chi with Linda Sango

This Tai Chi class is open to all levels of participants. Formless Dragon style Tai Chi is 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. Length of class: 1 hour.

## Yoga Class with Patsy Brightman

This gentle practice works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Each yoga class has an emphasis on wellness and will include a period of deep relaxation. Bring a yoga mat to each yoga class (optional for joint class). On the last Wednesday of each month a Healthy Joint Class will be offered to improve range of motion. The low impact and gentle joint practice does not require yoga experience and is done seated and standing. Joint movements help improve flexibility and balance and decrease a stiff or achy body and help prevent falls. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$1.00 donation per class or \$10 for the full session is suggested. Length of class: 1 hour 15 minutes.

You can also exercise at home by using videos recorded by our instructors and available via the Acton TV Youtube channel [www.youtube.com/c/ActonTV1/playlists](https://www.youtube.com/c/ActonTV1/playlists) and search for Acton Senior Center at Home.

## Acton COA Fitness Instructor Information

**Yvonne Benelli** holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching various fitness classes, including AquaCize, Stott's Pilates, personal training and American Red Cross CPR/First Aid for more than 40 years.

**Patsy Brightman** is a certified yoga instructor with many years of experience teaching seniors and is a retired Registered Nurse.

**Rebecca Reber** is a certified yoga instructor who has been working with older adults for almost a decade, teaching at many area Senior Centers.

**Linda Sango**, a retired health and physical education teacher, has been studying Tai Chi and Qi Gong under Jeff Cote since 2002 and started teaching classes to seniors in 2012. Linda also practices Asian Bodywork Therapy in the discipline of Tuina.

**Terri Zaborowski** has been teaching fitness classes for the Council on Aging since 2001. She specializes in older adult fitness and is a Certified Group Fitness Instructor and a Certified Personal Trainer.

For more information  
978-929-6652

30 Sudbury Rd, Rear  
[seniorcenter@actonma.gov](mailto:seniorcenter@actonma.gov)

