

### Strength/Stretch Class

This class offers a perfect combination of challenge and release for all your major muscle groups with no equipment necessary. Start with 30 minutes of low impact strength training. Use your bodyweight for resistance with classic exercises that strengthen and tone the whole body, but are gentle on joints. Followed by 30 minutes of a long mix of dynamic and static stretching that increases flexibility and decrease stiffness and soreness. Your whole body will feel lengthened and relaxed after this focused stretching session. This class will be held virtually only

**Instructor:** Amanda Hart

**Location:** Zoom Virtual Classes

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Days	Time	Type
534341B1	Nov 1- Dec 13	M	9:30-10:30am	Virtual

### NIA Technique

Nia is a somatic movement practice with movement inspirations from the martial arts, dance arts and healing arts. Dynamic integrated movement offers conditioning for flexibility, agility, mobility, strength, and stability. Movement can be easily adapted and personalized for individual needs, including moving from a chair. This class will be held virtually.

**Instructor:** Barbara Meyer

**Fee:** \$60 LM/\$80 NM

Class#	Dates	Days	Time	Type
534317B1	Nov 1- Dec 20	M	9:30-10:15am	Virtual

### Mindful Stretch, Balance & Breathe

Gentle, slow movement flows and stretches performed from a chair with a focus on supporting mobility, flexibility and relaxation. Most of the movement will be performed from a chair, with a short standing section using the support of the chair. Accessible to most levels of ability. This class will be held virtually.

**Instructor:** Barbara Meyer

**Fee:** \$60 LM/\$80 NM

Class#	Dates	Days	Time	Type
534334B1	Nov 1- Dec 20	M	10:30-11:15am	Virtual

### Integrated Body: Strengthen & Lengthen

Natural, functional whole body movement for developing strength, flexibility and mobility. Movement will be performed from standing, seating in a chair and on the floor. Class ends with a guided relaxation. We will be using a small squishy 8-9" ball (small playground ball) and a stretchy band (like a Theraband). Participants should be comfortable getting down and up, and working, from the floor. This class will be held virtually.

**Instructor:** Barbara Meyer

**Fee:** \$60 LM/\$80 NM

Class#	Dates	Days	Time	Type
534336B1	Nov 1- Dec 20	M	11:45-12:30pm	Virtual

### **Cardio, Strength and Stretch**

This class combines a cardio workout with strength training and stretching. Participants will do low impact aerobics and use hand weights, resistance tubing and balls to build strength and anaerobic endurance if available. This class will be held virtually.

**Instructor:** Marla Lampert

**Fee:** \$100/\$120

Class#	Dates	Days	Time	Type
534308B1	Nov 1- Dec 15	M, W	10:30-11:30am	Virtual

### **Stretch & Roll**

Great for relaxing, stretching and lengthening tight muscles. Stretching is important for people of all ages. One of the greatest benefits of stretching is that you're able to increase your range of motion, which means your limbs and joints can move through a greater range, helping to ward off injury. Other benefits of stretching included reduced muscle tension, enhanced muscular coordination, increased blood circulation and higher energy levels. This class will be held virtually.

**Instructor:** Marla Lampert

**Fee:** \$60LM/ \$80NM

Class#	Dates	Days	Time	Type
534335B1	Nov 2- Dec 14	Tu	10:30-11:15am	Virtual

### **Arthritis Foundation/Ageless Grace**

This program is active exercise class for all abilities designed for people with arthritis, people recovering from surgery, and people wanting to increase their strength, balance and stamina while having fun. We use gentle, easy to learn movements based on the science of neuroplasticity to help prevent cognitive decline and to increase joint flexibility and range of motion. This class is done in a chair with some optional standing and walking. This class will be held virtually. No Class on Nov 25

**Instructor:** Susan Mendelsohn

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Days	Time	Type
534332B1	Oct 28- Dec 16	Th	10-10:45am	Virtual

### **Core for Better Balance & Strength**

This class integrates gentle, yet challenging, movements to increase flexibility, strength and balance. All of the exercises use mind/body techniques to increase memory and brain function and can be modified for beginning through intermediate students. The routines can be performed standing or sitting in a chair, so adults at any fitness level will feel comfortable participating. This class will be held virtually only. No Class on Nov 25

**Instructor:** Susan Mendelsohn

**Fee:** \$60 LM/ \$80 NM

Class#	Dates	Days	Time	Type
534333B1	Oct 28- Dec 16	Th	11-11:45am	Virtual

### **Feldenkrais**

Using a combination of guided attention and pleasant, purposeful movement, this method of Feldenkrais guides you through the essential dynamic relationships in a particular pattern of movement and action. Unlike traditional exercise, where movements can become mechanical, *Awareness Through Movement* teaches you the secrets to reducing unnecessary muscular effort and improve your awareness of your whole self in action. This class will be held in-person & virtually. No class on Nov 26

**Instructor:** Robin Sterling

**Fee:** \$60LM/ \$80NM

Class#	Dates	Day	Time	Type
534331B1	Oct 29-Dec 17	F	10:30-11:30am	In-person/Virtual

### **Mind/Body- Cardio, Strength and Stretch**

Dance and martial arts Nia inspired movement for mobility and endurance, followed by seated/standing strength exercises (with hand weights - optional), balance and a final mindful stretch. Moderate level with options for adapting movement for higher or lower intensity. This class will be held virtually. No class on Nov 26

**Instructor:** Barbara Meyer

**Fee:** \$60 LM/\$80 NM

Class#	Dates	Days	Time	Type
534308D1	Oct 29-Dec 17	F	10:30-11:30am	Virtual