



## Levy Senior Center Free Fitness Week Class Descriptions

### Monday

#### **Cardio, Strength & Stretch**

This class combines a cardio workout with strength training and stretching. Participants will do low-impact aerobics, with the use of the following equipment when available – hand weights, resistance tubing, and balls to build strength and endurance.

**Instructor:** Marla Lampert

**Location:** Levy Center/Gym

**Time:** 10:30a-11:30a

### Tuesday

#### **Pilates/Sculpt**

Pilates work centers on strengthening the core. This class will improve flexibility, physical strength and enhance mental awareness. We will lengthen, strengthen and sculpt the entire body. This workout includes floor work with optional light hand weights.

**Instructor:** Marla Lampert

**Location:** Levy Center/Gym

**Time:** 9:30a-10:15a

#### **Power-Up**

This class will “power up” your mind, body, and spirit using various exercises along with a little humor to give an energetic boost to your day! Just like “powering up” a computer, you can turn on your abilities and increase your strength while learning and having fun. The class can be done seated in a chair or standing while we focus on posture, alignment, balance, core, breath, and muscle strength. Weights, bands, straps, and other equipment may be used. All levels are welcome. Shoes are required.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Locust Room

**Time:** 10:30a-11a

### **Tai Chi for Arthritis & Fall Prevention- Beginner**

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance, and powerful healing Qi Gong exercises will help you increase mobility, improve balance, strengthen muscles, and release tension in the body without overstressing the joints.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Hackberry Room

**Time:** 12p-1p

### **Zumba Gold**

A low-impact Zumba class with easy-to-follow choreography that focuses on cardiovascular and muscle conditioning, range of motion, coordination, flexibility, and balance. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. All adults are welcome.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Dance Studio

**Time:** 11a-12p

### **Stretch & Restore Yoga**

Explore a sequencing of traditional restorative yoga poses and stretches to relax, release, reset, and rejuvenate your mind and body. The class will help you improve circulation and digestion as well as remove toxins and reduce muscle tension. We will be using chairs, mats, blocks, blankets, and straps. All levels are welcome. No experience or shoes are necessary.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Locust Room

**Time:** 11:15a-11:45a

### **Tai Chi for Arthritis & Fall Prevention- Beginner**

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance, and powerful healing Qi Gong exercises will help you increase mobility, improve balance, strengthen muscles, and release tension in the body without overstressing the joints.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Hackberry Room

**Time:** 12p-1p

### **Tai Chi for Arthritis & Fall Prevention- Intermediate**

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance, and powerful healing Qi Gong exercises will help you increase mobility, improve balance, strengthen muscles, and release tension in the body without overstressing the joints.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Hackberry Room

**Time:** 1p-2p

### **Essentrics: Release, Rebalance, and Restore**

Essentrics uses gentle but effective movements inspired by the long lines of ballet, the fluidity of tai chi, and the healing benefits of physiotherapy. We'll use a combination of standing, floor, and chair exercises, along with motivating music, to strategically target every muscle and joint in your body! After a few weeks, you'll notice improved posture, mobility, balance, strength, and flexibility. You'll feel a renewed sense of energy flowing through your body. All fitness levels are welcome! This program is perfect for those easing into exercise after a sedentary period, or anyone dealing with injuries, chronic pain, or mobility limitations. It also benefits regular exercisers who are looking to complement their fitness routine with more stretching. Essentrics is done barefoot. Please bring a yoga mat, towel, and water bottle.

**Instructor:** Cynthia Rosario

**Location:** Levy Center/Bobby's Room

**Time:** 6:30p-7:30p

## **Wednesday**

### **SilverSneakers Yoga**

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Bobby's Room

**Time:** 9:30a-10:30a

### **SilverSneakers Stability**

The stability class is designed to help you become stronger and improve your balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. Weights are optional. Leg and arm muscles are worked.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Bobby's Room

**Time:** 10:45a-11:45a

### **Beginning Yin Yoga**

Science of Yoga: Using foundational yang and yin poses, this class will improve your balance, flexibility and open up your connective tissue. This class is for every level since almost every pose can be modified. This unique class is like an owner's manual for the human body. Participants can add light weights to some of the standing poses but not required. There will be approx. 5 minutes devoted to standing balance (weights optional) then on to the floor for the duration of class.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Locust Room

**Time:** 12p-1p

## **Thursday**

### **Tai Chi for Arthritis & Fall Prevention- Advanced**

Experience the benefits of Tai Chi in a program specifically developed for people with arthritis and other musculoskeletal conditions. The gentle slow movements, upright stance, and powerful healing Qi Gong exercises will help you increase mobility, improve balance, strengthen muscles, and release tension in the body without overstressing the joints.

**Instructor:** Andrew Serlin

**Location:** Levy Center/Locust Room

**Time:** 10a-11a

### **Let's Dance!**

Come and join the fun as we use dance movements and sequences to challenge our brains, gain coordination, work on balance and improve our overall health. We will be practicing various dance forms such as salsa, merengue, jazz, and line dancing. No experience is necessary.

**Instructor:** Sandy Nowarita

**Location:** Levy Center

**Location:** Levy Center/Dance Studio

**Time:** 10:15a-11:15a

### **Zumba for Boomers and Their Friends**

Enjoy a low-impact Zumba class with no jumping but all the great music and moves you love for a fun workout. Zumba is a party that is an exercise in disguise. All adults are welcome. No experience is necessary.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Dance Studio

**Time:** 6:30p-7:30p

## **Friday**

### **Tai Chi Chi Gong**

Tai Chi is a relaxing, gentle, flowing exercise that coordinates movement, breath, and mind. Tai Chi benefits people of all physical abilities. You'll increase your flexibility, coordination, balance, and circulation.

**Instructor:** Evelyn Thompson

**Location:** Levy Senior Center/Bobby's Room

**Time:** 8:45a-9:45a

### **Zumba Gold Toning**

A class that blends Zumba Gold with light hand weights to enhance muscle strength, tone, and endurance. Using easy-to-follow choreography and fitness moves with and without weights, the class focuses on toning muscles, endurance, range of motion, flexibility, coordination, and balance. All adults are welcome. No experience is necessary. Light weights are used in class.

**Instructor:** Suzanne Hock

**Location:** Levy Center/Gym

**Time:** 9a-10a

### **Integrated Body- Strengthen & Lengthen**

Natural, functional whole-body movement for developing strength, flexibility, and mobility. The movement will be performed from standing, seated in a chair, and on the floor. Class ends with a brief 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.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Dance Studio

**Time:** 9:30a-10:15a

### **SilverSneakers Stability**

The stability class is designed to help you become stronger and improve your balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. Weights are optional. Leg and arm muscles are worked.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/ Bobby's Room

**Time:** 10a-11a

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

Dance and martial arts Nia inspired a movement for mobility and endurance, followed by seated/standing strength exercises (with hand weights), balance, and a final mindful stretch. Moderate level with options for adapting movement for higher or lower intensity. Movement can be performed from a chair.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Gym

**Time:** 10:30a-11:30a

### **SilverSneakers Yoga**

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Gym

**Time:** 11:45a-12:45p