



Active Older Adults
Southwest
Updated 10/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Morning	Pickleball 5:00-6:00am Gym	Pickleball 5:00-6:00am Gym	Pickleball 5:00-6:00am Gym	Pickleball 5:00-6:00am Gym	Pickleball 5:00-6:00am Gym	Pickleball 7:00-8:00am Gym
	Fabulously Fit 9:00-10:00am Cathy: Gym	Cardio Circuit 9:00-10:00am Lu: Gym	Fabulously Fit 9:00-10:00am Cathy: Gym	Cardio Circuit 9:00-10:00am Lu: Gym	Fabulously Fit 9:00-10:00am Cathy: Gym	
	EnhanceFitness 9:00-10:00am MP Rm		EnhanceFitness 9:00-10:00am MP Rm	Enhance Fitness 9:45-10:45am MP Rm		
NOON	Tai Chi for Health 12:10-1:10pm Linda: MP Rm	Tai Chi for Health 11:00-12:00pm Linda: MP Rm	Tai Chi for Health 12:10-1:10pm Linda: MP Rm	Tai Chi for Health 11:00-12:00pm Linda: MP Rm		
	Rock Steady Boxing 1:30-2:30pm MP Rm \$25	Mexican Train Dominoes 12:00-2:00pm Lobby	Rock Steady Boxing 1:30-2:30pm MP Rm \$25	Mexican Train Dominoes 12:00-2:00pm Lobby	Rock Steady Boxing 1:30-2:30pm MP Rm \$25	
PM Evening				Pickleball 7:00-9:00pm Gym		

Active Class Descriptions

Health and Fitness at any age

Tai Chi for Health

Tai Chi focuses on building strength, balance and flexibility through slow, fluid movements combined with mental imagery and deep breathing. Scientific studies have shown tai chi to have beneficial effects on cardio-respiratory fitness, muscular strength, balance and fall prevention, peripheral circulation, reduced tension, and anxiety.

In a National Institute of survey it was found that more than 2.3 million Americans practice Tai Chi for various health-related purposes, including: to obtain benefits associated with low-impact, weight-bearing, aerobic exercise; to improve physical condition, muscle strength, coordination, and flexibility; to improve balance and decrease the risk of falls; to ease pain and stiffness; to improve sleep; and for overall wellness or quality of life.

Monday & Wednesday Tai Chi for Health Classes are modified to be safer for individuals with diabetes and osteoporosis. Tuesday & Thursday Tai Chi for Health Classes are modified to be safer for individuals with arthritis

Fabulously Fit

Designed to encourage Medicare eligible members to increase strength, range of movement, agility, balance, and coordination and to improve participants functional capacities, physical fitness level and sense of well-being. Free to Members

Enhance Fitness

Enhance Fitness, a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

- *In a typical class, participants will experience:
A certified instructor with special training in bringing out the physical best from older adults*
- *A 5-minute warm-up to get the blood flowing to the muscles*
- *A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music that the class chooses*
- *A 5-minute cool-down*
- *A 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)*
- *A 10-minute stretching workout to keep the muscles flexible*
- *Balance exercises throughout the class*

Lots of opportunities for participants to make new friends and acquaintances

Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Free to Members

Mexican Train Dominoes

Mexican Train, also known as simply Trains, is a game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station".

Pickleball

The main objective of Pickle-ball is to keep the ball in play over a net that is three feet off the ground, while utilizing placement and pace. Pickle-Ball can be played as either singles (2 people) or doubles (4 people) on a court the size of a doubles badminton court. Equipment consists of over sized Ping-Pong type paddles and a plastic perforated ball. Hitting strokes are similar to those used in tennis.

Rock Steady Boxing

Non-contact boxing inspired classes can reverse, reduce and even delay the symptoms of Parkinson's Disease.

We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.

These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier and happier life.

NEED A PERSONAL TRAINER?

\$20.00 for 30 minute session

\$40.00 for 1 hour session

Or team up with a friend and split the cost!

(Non-member rate for Personal Training is \$50 per hour)

