



WELLNESS CLASS DESCRIPTION

Enhance Fitness is a Standing Class All 4 areas of fitness are covered: strength, flexibility, aerobic endurance and balance. This is a research based fitness classes, and includes training with hand held and ankle weights. Standing Enhance Fitness is at a faster pace.

Easy Enhance Fitness: This is a beginner class, done seated and at a more relaxed pace than the Enhance Fitness Class.

Tai Chi for Balance (Sun Style) is a series of movements based on a Chinese martial art form. The focus in this class is to keep “good posture”. Good posture improves balance, mental alertness and strengthens the inner structure, particularly the stabilizer muscles along the spine. Good posture is linked to think more clearly.

Tai Chi for Relaxation: In this class the focus is on relaxation. Regular deep relaxation can reduce blood pressure, enhance the immune system and reduce pain. Most of this class is seated. Practicing Tai Chi seated allows one to focus less on movements, but more on relaxation. You will be guided through breathing, posture and situation awareness.

Progressive Muscle Relaxation: In this class you will learn relaxation techniques, which can assist as a tool for self- care. You will slowly tense and relax each muscle group. You become more aware of physical sensations. The technique helps you focus on the difference between muscle tension and relaxation. Class is done seated with lights low.

Standing Moves for Better Balance: The ability to maintain balance involves several components that will be integrated in this class. The balance exercises involve maintaining standing and postural stability under a variety of static and dynamic conditions. Exercises to practice are eyes open, eyes closed, while moving the head and /or while standing on a foam to target visual, vestibular and the soma sensory system respectively. A small ball will be used to add fun, color, and joy to some exercises. Chairs and grab bars are provided for stability.

Seated Balance and Strength: In this class Thera bands, small balls, and balance cushions are our exercise props. Eyes open / closed exercises will be performed to

challenge our soma-sensory system. Props used can bring joy, fun and color to this class.

Mind Alert Movements: You will learn and practice Healthy Aging Activities for Brain & Body. Exercises selected won the 2012 Met Life Mind Alert Award from the American Society on Aging. Learning is not all in your head exercises are playful use props, entail partner work and enhance whole brain integration. To develop a strong connection between body and brain.

Resident & Staff Movement Games: In this class a hodgepodge of activities are introduced. From dance to cheer leading movements to balloon volleyball. The intention is to have something that brings staff and residents together through movement, games and fun.

Fitness and Function: A class geared toward dynamic movements that are helpful in activities of daily living. This class requires a moderate level of fitness and ability to complete tasks without the use of a walking assist device.

Seated Strength and Stretch: This class is for beginners all the way to advanced levels of fitness. The entire class is held seated as we work through basic strengthening and stretching exercises for the entire body.

Self-Care Movement Series: A series designed to teach basic self-care to our residents. Each series is four classes focused on a specific area of the body. During those four classes, you learn how to stretch, strengthen and self-massage specific areas of the body to help you move with ease.

Brain Games: Keeping your brain fit and healthy is just as important as doing the same for your body. Brain games is a 6 week series where residents will play/learn a game that focuses on memory, sensory awareness and critical thinking. This is a great way to sharpen the mind and have fun.

Open Wellness Orientation: This is an opportunity to get a brief introduction to the Wellness and Fitness Center equipment, services and classes we offer.