

EXERCISING AT THE SENIOR CENTER

Each month we feature our wonderful lineup of exercise instructors. Each one has a unique set of skills and expertise. You are sure to find at least one class that will suit your needs and level of fitness. Many of them have been teaching here for years and years and are always happy to have new members join their classes. Exercise improves everything!



In **AWARENESS THROUGH MOVEMENT** lessons, from the Feldenkrais Method, you will regain flexibility and coordination and improve balance as you slowly and gently complete each guided movement, generally lying on a mat or sometimes sitting. These movements are done in such a way to improve the neural communication between brain and muscles with long-lasting effects. Each class contains a new routine so the brain remains alert to new possibilities and opportunities for movement although much of the focus is on hips, shoulders, feet and spine. (MONDAY’S at 10:15 AM with Misha Forrester, GCFP **\$3.50**)

CROSS TRAINING is a strength and conditioning program using resistance bands and weights that addresses the whole body head to toe. The class is done in standing and sitting positions. The program explores a wide range of exercise patterns intended to use every joint and muscle group in the body. (MONDAY’s at 9:15 AM with Misha Forrester, GCFP **\$3.50**)

MISHA’S ADVANCED EXERCISE is a mat class exploring the Feldenkrais Method templates of developmental movement based on the way babies move in learning to balance themselves by using maximum skeletal rather than muscular support. Great for those wishing to improve coordination and balance, prevent old injuries from reoccurring, and develop higher neurological advantages and sensory skills used by performers and athletes for better function. Sequential focus: January-February: Eyes, Head, Neck; March-April: Shoulders, Arms, Hands; May-June: Ribs; July-August: Pelvis; September-October: Knees and Legs; November: Walking, December: Feet. (THURSDAY’s at 4:00 PM with Misha Forrester, GCFP **\$10.00**)

MOVING FOR HEALTH is a class that you will learn and practice specific exercises to improve your strength, flexibility, balance, posture and cardiovascular function. It is especially designed to address issues such as arthritis, post rehab from surgery, fatigue, fall prevention and more. All while having fun and reducing stress! (MONDAY’S at 12:30 PM with Thea Basis **\$3.00**)

STRENGTH TRAINING is exercises with weights to strengthen the bones as well as the muscles. We do gentle warm ups followed by standing and sitting exercises with weights and soothing stretches in between to relax. We listen to beautiful, comforting music and end class with self-massage. Each exercise is to one’s own comfort level. The class is fun and will make you stronger! (TUESDAY’S at 3:30 PM with Christine Faber **\$3.00**)

TAI CHI is an ancient Chinese art of slow, gentle, fluid movements based on nature and combined with diaphragmatic breathing to softly exercise our minds and bodies while elevating our spirits. We are “moving in mediation.” We gently stretch and move from head to toe in continuous flowing motions while we listen to relaxing music. We also do standing, walking and some sitting exercise, all to bring tranquility and serenity to our lives. Each person moves at their own pace and capability. All are welcome! The beauty and benefits of TAI CHI can be experienced and enjoyed by everyone! (FRIDAY’S at 9:00 AM with Christine Faber **\$3.00**)

EASY DOES IT YOGA is an hour of gentle movement, breathing and deep relaxation that gives the participants the tools to release stress and to re-vitalize, re-energize and re-connect with their own well-being. It is fun and easy and encourages mind and body flexibility and health. Anyone can do it- on the floor, in chairs, here in class and at home. Come join us! (WEDNESDAY’S at 9:30 AM with Joanne Kelly **\$5.00**)

THERAPEUTIC MOVEMENT/BREATHING will increase mindfulness, help you breathe easier and reduce anxiety. You will learn gentle movements that feel good, relax tense muscles and increase joint mobility. You will also improve balance by targeting muscles that provide stability in standing and walking. You might also find that you improve cognition and activate parts of the brain that are central to memory. It’s a good way to connect with yourself and others! (THURSDAY’S at 10:00 AM with Suzanne Mazzarelli **\$3.00**)

CHAIR EXERCISES are a combination of stretching and lifting small 2 lb. weights. There are some exercises that are done standing. We often use a chair for balance. There is no music in this class and you are encouraged to adapt any exercise to your own comfort and capability. There is no age limit for this class. (FRIDAY’S at 10:00 AM with Ann **FREE**)

PILATES FOR OSTEOPOROSIS PREVENTION is a series of specific exercises designed to increase your core strength. The leg exercises work all the intrinsic muscles which attach to your bones, and, can even be done at home while lying on the couch. Each exercise can be modified for your personal strength and limitations. The entire program can be done from a chair if you are unable to get up and down from the floor. (TUESDAY’S at 9:45 AM with Kathi Casey **\$5.00**)

TAP DANCING Have you noticed?? Tap dancing has made a comeback...and its great fun! Our tap classes are taught by professional hoofer Carolyn Calandro. They are not your grandma's tap routines, some jazz and hip-hop moves also incorporated into traditional tap pieces. It's great exercise for body and mind; come join the fellowship of dancing! There are 2 levels of classes:

- BEGINNER** - no experience necessary. Learn basic tap steps and simple routines.
Monday’s and Friday’s 1:00 PM- 2:00 PM **\$5.00**
- INTERMEDIATE** - some experience required, even if from "way back when". Learn more challenging steps and performance level routines.
Monday’s and Friday’s 2:00 PM- 3:00 PM **\$5.00** (Yes, trial tap shoes are available.)

SWIMMING CLASS at Bard College at Simon’s Rock, “Water Wellness”. A gentle aqua aerobics class that will strengthen your body. For adults who are looking to get back in shape. Please contact Bard College at Simon’s Rock for more information. (MONDAY’S, WEDNESDAY’S, FRIDAY’S 11:00 AM- 12:00 PM **FEE**)

