



# SENIOR SERVICES

## January Fitness Classes



### At Trailside in Birchwood

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am	Zumba	Zumba	Zumba	Zumba	
9:30-10:30 am	Walk15	Calming Yoga with Julie	Chair Yoga with Steve	Calming Yoga with Julie	Walk15
10:45-11:45 am	Bonesaver	Fall Prevention & Balance Class	Bonesaver	Healthy Steps	Bonesaver
12:15-1:15 pm			Adv. Tai Chi	Walk15	
1:30-2:30 pm			Beginners Tai Chi		

### At Trailside

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11 am			Line Dancing for Beginners		Line Dancing

### At Sanford

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am		Gentle Yoga with Steve			
9:30-10:15 am	Fall Prevention & Balance Class				
9:30-10:30 am		Walk15	Walk15		
10:45-11:45 am	Bonesaver		Bonesaver	Mat Pilates	Bonesaver
1:30-2:30 pm	Tone & Stretch				

### At Greendale

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:50 am					OTAGO

### Online

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am	Zumba	Zumba	Zumba	Zumba	
9:30-10:30 am	Walk15 Chair Yoga with Steve		Walk15 Chair Yoga with Steve		Walk15 Chair Yoga with Steve
10:45-11:45 am	Bonesaver		Bonesaver		Bonesaver

Senior Services offers numerous ways to stay on top of your health each month with health education programs and an array of fitness classes, low-cost clinics and access to fitness equipment.

Most classes at Trailside are offered in Birchwood. Line Dancing is offered in Trailside Center Dining Room.

To register for the OTAGO class at Greendale Center, contact:  
 989-774-1350 or  
 989-774-2715  
 Email: fallprevention@cmich.edu

**Call 989-633-3700**  
**or sign-up online at**  
**SeniorServicesMidland.org**



# Class Descriptions

Call 989-633-3700 or visit [www.SeniorServicesMidland.org](http://www.SeniorServicesMidland.org) to sign-up!

**New! Healthy Steps!** Let's shake, rattle, and roll as we dance and move to our favorite songs of the 40's, 50's, 60's, and 70's! Come join the fun! No dance experience required! Leave feeling great and with a smile on your face! \$4.00 drop in. This class will be taught by Katherine Gracer, owner of InMotion Dance Academy. Katherine loves to share the art of dance and movement with others! The class will be offered on Thursdays at 10:45-11:45 am in Birchwood at Trailside.

### **New! OTAGO Exercise Program**

In collaboration with the CMU College of Medicine, we are happy to introduce OTAGO! The Otago Exercise Program (OEP) is an evidence-based program proven to reduce risk of falls by 35-40%. Participants will have an initial assessment, then in once weekly classes, they will learn strength and balance exercises from students in the College of Health Professions and College of Medicine. Participants will be asked to perform the exercises two times a week on their own. After eight weeks, participants are assessed again and can see their progress. Classes will be ongoing. No fee to attend. Participants will receive a binder with the exercises as well as a 5lb pair of ankle weights to keep. Registration and pre-class screening required before attending your first class. Class begins Jan 21 on Fridays from 10-10:50 am at Greendale.

### **To register for OTAGO contact:**

**Phone: 989-774-1350 or 989-774-2715**

**Email: [fallprevention@cmich.edu](mailto:fallprevention@cmich.edu)**

**Zumba Gold** has low impact dance steps, balance and strength built into each session and set to Latin and world music. First class is free! Classes are \$4 drop-in, \$30 for a 10-class punch card or \$60 for a 20-class punch card.

**Gentle Yoga with Steve Weckle** has numerous positive health effects including calming the mind, easing arthritis, building strength, increasing flexibility and improving balance. The cost per class is \$4. Punch-cards are available for \$36, which includes 10 classes.

**Chair Yoga with Steve Weckle** is excellent for calming the mind, easing arthritis, building strength, increasing flexibility & improving balance. Punch-cards are available for \$36 for 10 classes.

**Bonesaver** is a weight-training class for the prevention of osteoporosis. Suitable for all fitness levels, adaptable to your physical restrictions. No equipment needed to start. There is a suggested donation of \$2 a class.

**Line Dancing** - Join friends new and old for a great time moving to music! Unlike circle dancing, line dancers are not in physical contact with each other - making it a great exercise for these times! No fee.

**Beginner Tai Chi** is known to improve balance, flexibility and strength, and to benefit one's overall sense of well-being. Tai Chi is one of the exercises recommended by the CDC for better balance and for fall prevention. The slow and gentle movement is suitable for all ages. In this class, students will learn a form of Yang style Tai Chi tailored for beginners for better balance. The fundamental Yang style Tai Chi steps and the technique of mindfulness of breathing will also be covered in class. The class will be taught by a certified instructor. The first class is FREE as a sampler; and \$20 for the session if you decide to continue. Jan 12, 19 & 26 & Feb 2, 9 & 16.

**Advanced Tai Chi** is for students who have taken at least one session of Beginner Tai Chi and can comfortably perform the forms learned in that class, and for students who have previous Tai Chi experience. 24-form Yang style Tai Chi and various other short forms will be covered in class. In each class, we will select a few movements to focus on. \$3 per class for drop-ins, or \$25 for a 10 class punch card. Jan 12, 19 & 26 & Feb 2, 9 & 16.

**Walk15 with Shelley Potts** Come join the fun! Get an aerobic workout to upbeat music from all genres using all the muscles in the body and adding simple arm movements. Improve balance, increase flexibility and range of motion

in the joints, strengthen muscles and reduce the risk of coronary heart disease. Modify the movements to your own fitness level from beginners to more advanced! Suggested donations of \$3 per class or \$30 per month for unlimited classes paid directly to your instructor.

**Essential Mat Pilates** is an excellent way to improve flexibility, increase core muscle strength, improve posture, as well as promote relaxation while improving focus and concentration. STOTT Pilates is the contemporary form of exercises that is respected by fitness, rehab, and health practitioners worldwide. This class requires the ability to transfer up and down from the floor. Please bring your own mat if available. Class is in the Sanford Center fitness room. The cost is \$4 per class paid directly to your instructor. Jill Nyman is a Doctor of Physical Therapy and a certified STOTT Pilates instructor.

**Calming Yoga Flow** - Join for a practice utilizing a mat, chair, and other props for yoga postures with gently flowing transitions, breathing exercises, and meditation with mental, physical, and spiritual health benefits. Benefits include stress reduction, improved body awareness and balance, increases in flexibility, strength, and muscle tone, pain management, and increased lung capacity. In addition, yoga may help you cultivate peace with yourself and others and deepen your own personal faith. This practice may be modified to your own fitness level from beginners to more advanced, however, participants will be required to transfer up and down from the floor independently. Please bring your own mat if available. The cost per class (paid directly to your instructor) is \$4 drop-in, \$30 for a 10-visit punch card or \$55 for a 20-class punch card. These punch cards are good for any of Julie's classes. Instructor Julie Pierce is a certified group exercise instructor with a Master of Science degree in Physical Therapy. (Tuesdays and Thursdays 9:30-10:30 am Birchwood.)

**Fall Prevention & Balance Class** is intended to reduce participants' fall risk and thereby, maintain their mobility and independence for as long as possible. Exercises for muscular strength and endurance using multiple joints and numerous muscles result in functional fitness for fall prevention. This class will address the key components of Agility, Balance, Coordination, Speed/Reaction Time, and Power (i.e. lower body muscle strength), as well as education about fall risk and prevention. Exercises will be performed sitting and standing (with support as needed). The cost per class (paid directly to your instructor) is \$4 drop-in, \$30 for a 10-visit punch card or \$55 for a 20-class punch card (good for ANY of Julie's classes). Instructor Julie Pierce is a certified group exercise instructor with a Master of Science degree in Physical Therapy. (Mondays 9:30-10:15 am Sanford and Tuesdays 10:45-11:45 am in the Birchwood Room at Trailside.)

### **NEW DAY & TIME! Tone & Stretch AT SANFORD**

Tone and Stretch is a class designed to keep your muscles strong and your joints flexible so that you can "add life to your years". Light weights, as well as body-weight resistance will be used to tone upper body, lower body, and core muscles. Ample time will be spent applying gentle stretches for overall flexibility. Modifications will be instructed to accommodate various fitness levels and physical limitations; however, participants must be able to transfer up and down from the floor independently. Please bring your own mat if available. The cost per class is \$4 drop-in, \$30 for a 10-visit punch card or \$55 for a 20-class punch card (punch cards good for ANY of Julie's classes). Instructor Julie Pierce is a certified group exercise instructor with a Master of Science degree in Physical Therapy. (Mondays 1:30-2:30 pm in Sanford.)