



SENIOR SERVICES

March 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	Balanced in Motion	Calming Yoga with Julie	Chair Yoga with Steve	Calming Yoga with Julie	Balanced in Motion
10:45-11:45 am	Bonesaver	Fall Prevention & Balance Class	Bonesaver	Fall Prevention & Balance Class	Bonesaver
12:15-1:15 pm			Beginner/Int. Tai Chi		

At Trailside

9:30-10:30 am		Intermediate Line Dancing	Beginner Line Dancing	Adv. Line Dancing	Intermediate Line Dancing
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At Sanford

9:30-10:30 am		Balanced in Motion	Balanced in Motion	Balanced in Motion	
10:45-11:45 am	Bonesaver	Mat Pilates	Bonesaver	Mat Pilates	

At Greendale (Group Exercise is free drop-in)

9:30-10 am	Group Exercise				
10-10:50 am					OTAGO

At Mills (Group Exercise is free drop-in; Greater Midland North Family Center facilitates the Silver Sneakers class)

9-9:55 am	Silver Sneakers				
11:15-11:45 am		Group Exercise	Group Exercise		Group Exercise

At Coleman (Group Exercise is free drop-in)

10:30 am	Legs & Core Exercise		Legs & Core Exercise	Arms & Core Exercise	Legs & Core Exercise
After Lunch		Arms & Core Exercise			

Online

9:30-10:30 am	Balanced in Motion Chair Yoga with Steve		Balanced in Motion Chair Yoga with Steve		Balanced in Motion 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. This schedule is packed with a wide variety of fitness opportunities for all experience levels!

Group Exercise at Mills, Greendale & Coleman Centers is free of charge and does not require registration.

Instructor Vacations:
No Zumba March 4-11. No OTAGO March 8. No Line Dancing March 27. No Classes March 29.

To register for OTAGO
 contact: 989-774-1350
 or 989-774-2715,
 Email: fallprevention@cmich.edu

To register for Silver Sneakers
 contact Georgia Pelli at
 989-689-7770 or GPELLI@GREATERMIDLAND.ORG

For all other classes,
Call 989-633-3700
or sign-up online at
SeniorServicesMidland.org



Class Descriptions

Call 989-633-3700 or visit www.SeniorServicesMidland.org to sign-up!

Silver Sneakers with Greater Midland

Proper nutrition and physical activity play a critical role as we get older. The SilverSneakers program is a fun, energizing way to get the activity you need to help you stay healthy and independent. Contact Georgia Pelli to register and for pricing information at (989) 689-7770 or GPELLI@GREATERMIDLAND.ORG

OTAGO Exercise Program

In collaboration with the CMU College of Medicine, we are happy to offer 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 are 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. Fridays from 10-10:50 am at Greendale. *No class March 8.

To register for OTAGO contact:

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

Email: 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. *No class March 4-11.

Chair Yoga with Steve Weckle is excellent for calming the mind, easing arthritis, building strength, increasing flexibility and 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 \$3 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 with no partner needed! No fee. *No class March 27.

Beginner/Intermediate Tai Chi with Steve Weckle 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 some fundamental Yang style Tai Chi steps and the technique of mindfulness of breathing. Classes are \$4 each or \$36 for a ten-class punch card.

Balanced in Motion with Shelley Mowery (formerly Walk15) 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!

Punch cards available for prepay at the suggested donation of \$3 per class or \$30 per month for unlimited classes paid directly to your instructor. *Punch cards have no expiration date.*

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 in 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. (Tuesdays and Thursdays 10:45-11:45 am in the Birchwood Room at Trailside.)

Group Exercise at the Centers Mills, Greendale and Coleman Center Site Managers facilitate FREE weekly group exercise classes. If you'd like more information contact Mills at 989-282-1622, Greendale at 989-832-8683 or Coleman at 989-465-6216.