



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 InMotion	Calming Yoga w/Julie	Chair Yoga with Steve	Calming Yoga w/Julie	Balanced InMotion
			Beg. Line Dancing		
10:45-11:45 am	Bonesaver	Fall Prevention & Balance Class	Bonesaver	Fall Prevention & Balance Class	Bonesaver
12:15-1:15 pm	Fit & Sit with Dana		Beginner/Int. Tai Chi	Fit & Sit with Dana	

At Trailside

9:30-10:30 am		Int. Line Dancing		Adv. Line Dancing	Int. Line Dancing
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At Sanford (*New* Line Dance with Ann Enszer on Mondays, 9:30-10:30 am. \$4 per class. Class Schedule: March 2, 9, 16, 23, & 30)

9:30-10:30 am	Line Dancing with Ann	Balanced InMotion	Balanced InMotion	Balanced InMotion	
10:45-11:45 am	Bonesaver	Essential Mat Pilates	Bonesaver	Essential Mat Pilates	

At Greendale (Chair Fitness is a free drop-in program. Meet in the Gym.)

10-10:30 am			Chair Fitness		
10-10:55 am					OTAGO
12-1:30 pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball

At Mills (Greater Midland North Family Center facilitates the Functional Fitness class which is open to the public and costs \$3 for a drop-in, \$25 for 10 classes, or it's free to Silver Sneakers participants. Chair Fitness is a free drop-in program)

9-9:55 am	Silver Sneakers				
10:45-11:15 am		Chair Fitness	Chair Fitness		Chair Fitness
1-1:55 pm				Silver Sneakers	

Online

9:30-10:30 am	Balanced InMotion Chair Yoga with Steve		Balanced InMotion Chair Yoga with Steve		Balanced InMotion 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!

Chair Fitness at Mills and the Walking Group at Greendale Centers is free of charge and does not require registration.

Instructor Vacations:
No Pilates Tues, March 3.

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

**To register for
Silver Sneakers**
Contact Emma Warren at
989-689-7770 or EWARREN@
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!

Balanced InMotion 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.*

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.

Chair Fitness at the Centers Mills and Greendale offer a Chair Fitness class that is facilitated by the Center Site Managers. These opportunities are free of charge. If you'd like more information contact Mills at 989-282-1622 or Greendale at 989-832-8683.

Calming Yoga Flow incorporates a mat, chair, and props for flowing transitions, breathing exercises, and meditation. Designed to support stress reduction, improved balance, flexibility, strength, and pain management, this class is adaptable for all fitness levels. Participants must be able to move independently to and from the floor. Bring your own mat if possible. Cost is \$4 drop-in or \$30/\$55 for 10- or 20-class punch cards (valid for any of Julie's classes). Instructor Julie Pierce, holds a

MS in Physical Therapy and is a certified group exercise instructor. Class is held Tuesdays & Thursdays, 9:30-10:30 am in Birchwood.

Chair Yoga is excellent for calming the mind, easing arthritis, building strength, increasing flexibility and improving balance. Steve Weckle teaches on Wednesdays in-person at Trailside in Birchwood and Mondays, Wednesdays & Fridays online at 9:30 am. Punch-cards are available. Cost is \$36 for 10 classes or \$4 per class.

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. **No class March 3.*

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.)

Fit & Sit (formerly Chair Yoga with Dana K) Experience increased fitness with stretching, toning, and conditioning. Participants can sit on a chair while using light weights and props. Suitable for all levels. Punch cards available at \$36 for 10 classes, or \$4 per class for individual classes. Held Mondays & Thursdays 12:15-1:15 pm in Birchwood.

Functional Fitness with Greater Midland Proper nutrition and physical activity play a critical role as we get older. Greater Midland North Family Center facilitates a Functional Fitness class which is open to the public and costs \$3 for a drop-in, \$25 for 10 classes, or it's free to Silver Sneakers participants. The SilverSneakers program is a fun, energizing way to get the activity you need to help you stay healthy and independent. Contact Emma Warren to register and for pricing information at (989) 689-7770 or EWARREN@GREATERMIDLAND.ORG

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 at Trailside, \$4/class at Sanford.

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 CMU 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.

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

Tai Chi with Steve Weckle (Beginner/Intermediate) 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.

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.