

# ANDOVER ELDER SERVICES

## SPRING FITNESS 2022



This year the Spring Fitness Session will run for 8 weeks at **\$25 per 8-week class**. Classes will run from March 28 to May 20. No classes on April 18

Registration opens March 14 for **Andover residents**. Everyone else can register starting on March 16. Early registration forms will not be accepted. There are three ways to register:

1. **Online** at <https://andoverma.gov/227/Elder-Services> by filling out the Fitness Registration Form
2. **Over the phone** by calling 978-623-8320
3. **In-person** at the Robb Center: Registration days will be March 14<sup>th</sup> 9am-2pm for Andover residents and March 16<sup>th</sup> 9am-2pm for non-Andover residents.

\*Payment for classes will open once classes meet minimum capacity.

\*Registration for classes will end March 25. At least 12 people must register for the class or else the class will be cancelled.

\*Everyone participating in fitness must sign a 2022 participation waiver.

\* **Taiji schedule is March 29 through April 26. Two additional classes will be held on March 23 and 30 to make 8 total classes.**

### Classes:

**Men & Women in Motion with Tracy:** *Mondays at 8:15am.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention. *In-Person Only.* No class on April 18.

**Strength & Stretch with Tracy:** *Mondays at 9:15am.* An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class.* No class on April 18.

**Sit and Get Fit with Tracy:** *Mondays at 10:15am.* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class.* No class on April 18.

**Advanced Yoga for Beginners with Patricia:** *Mondays at 2:00pm.* This is for students with some yoga experience, but is gentle. You can use a chair to assist you and/or the floor for sitting and lying down for stretching and final meditation. This is a flowing yoga which moves from standing warrior poses to chair or floor. *Hybrid Class.* No class on April 18.

**Continuing Taiji (Tai Chi) with Meg:** *Tuesdays at 9:15am.* Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. This course is for

students who have already participated in the beginner course and want to learn more. It utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help those who have been learning taiji to continue developing their practice. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class.* \* **Taiji schedule is March 29 - April 26. Two additional classes will be held on March 23 and 30 at 1:00pm to make 8 total classes.**

**Beginners Taiji (Tai Chi) for Health with Meg:** *Tuesdays at 10:30am.* Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. Participate in Meg Holmes' course and discover why taiji is often called moving medication and moving meditation. This course utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help seniors develop a regular regime for wellness and health. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class.* \* **Taiji schedule is March 29 - April 26. Two additional classes will be held on March 23 and 30 at 2:15pm to make 8 total classes.**

**Cardio & Strength with Andrea:** *Tuesdays at 1:00pm.* Join us for a low-impact, full body workout! This is a low impact class designed to include a cardio segment followed by a strength segment. A variety of exercises will be used. Join the fun that will combine cardio and strength for a great workout! *In-Person Only.*

**Men & Women in Motion with Denise:** *Wednesdays at 8:15am.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention. *In-Person Only.*

**Strength & Stretch with Denise:** *Wednesdays at 9:15am.* An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class.*

**Matter of Balance:** *Wednesdays at 9:30am.* A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels. This nationally recognized program was developed at Boston University and is proven to reduce the incidents of falls. The class is 2 hours long and participants should be available for the full 8 weeks. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Free to Andover Residents, \$25 for non-Andover residents. Limited seats available. *In-Person Only.*

**Sit and Get Fit with Denise:** *Wednesdays at 10:15am.* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class.*

**Energize & Rejuvenate with Pat:** *Wednesdays at 11:00am.* This class will incorporate three exercise components. # 1 heart healthy cardio, #2 muscle shaping, #3 stretching and body alignment with progressive relaxation to end the class. *Hybrid Class.*

**Line Dancing with Val:** *Thursdays at 9:15am.* Learn simple but easy to follow dance moves to a variety of music. Class will incorporate up to 30 minutes of dance/cardio and finish with 15 minutes of muscle conditioning. A great class for all levels and for all that love to move! *In-Person Only.*

**Strength & Cardio with Tracy:** *Thursdays at 9:30am.* A fun energizing total body class that focuses on low impact cardio and muscle strengthening exercises. Improves functional movement and balance for everyday life activities. *Zoom only.*

**Gentle Therapeutic Yoga with Pat:** *Thursdays at 10:45am.* A sitting and/or standing approach to strengthening the body improving posture and balance with soothing music and gentle stretches to help attain harmony through mind and body connections. *Hybrid.*

**Nordic Walking with Denise:** *Thursday at 1:00pm.* Nordic pole walking combines an upper-body strength workout with a cardiovascular workout, engaging 90% of your body's muscles making your walk into a total body workout! Learn to use these specially designed poles to improve your posture, put less stress on your lower body joints, improve flexibility and burn more calories. Participants must have the endurance to walk 1 mile. Nordic Walking poles are available to rent from the Senior Center (first come, first served). This class will be held only when the weather permits. There will be no make-up classes. *In-person only*

**Strength Training with Barb:** *Fridays at 8:30am.* Concentrates on toning muscles, building endurance, and improving balance by using free weights, bands, and balls. We warm up and stretch at the start of class and end with a cool down and more stretching. *Hybrid.*

**Introduction to Move & Groove with Lourdes:** *Fridays at 9:30am.* This is a fun dance fitness class created by Lourdes Oramas, over 20 years ago in Miami. It is a spicy fusion of upbeat cardio fitness and dance styles influenced by American music and international cultures. This mix of low impact but high energy workout is an exciting experience for all fitness levels. Overall great workout from head to toe! *In-Person Only.*

**Pilates Fundamentals with Lourdes:** *Fridays at 10:30am.* Pilates Fundamentals is inspired by the Method of Physical and Mental conditioning focused on 6 principles: Concentration, control, center, flow, precision and breathing. Pilates is suitable for men and women in a very wide range of physical conditions because it is a low impact workout. It also embraces precise movements to improve our lifestyles and to recharge our daily wellness routines. The Pilates fitness method is designed to advance stretching, strengthening and body alignment. *In-Person Only.*

*\*The 2022 Participation Waiver is required for ALL individuals participating in any Andover Elder Services Fitness Program. This waiver must be filled out annually. You may fill out your waiver on our website (<https://andoverma.gov/227/Elder-Services>) or in-person at the Robb Center.*

<b>Class</b>	<b>Day &amp; Time</b>	<b>Location</b>
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Continuing Taiji with Meg	Tuesdays at 9:15am	Hybrid
Beginning Taiji with Meg	Tuesdays at 10:30am	Hybrid
Cardio & Strength with Andrea	Tuesdays at 1:00pm	In-Person Only
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-Person Only
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
Line Dancing with Val	Thursdays at 9:15am	In-Person Only
Strength & Cardio with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Nordic Walking with Denise	Thursdays at 1:00pm	In-Person Only
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only