

Join us for:



Balance

Mondays 9:15 – 10:00am

What do we do?

The ***Balance for Seniors*** class helps participants learn to use the three foundational skills that contribute to balance: posture, core strength, and mental focus. With the ultimate purpose to help prevent falls, the class uses seated (majority of the class), standing, and walking movements to build strength in the core (thigh-to-shoulder) and lower leg muscles to enable erect posture and promote spinal alignment. Visual targets, rhythmic breathing, and relaxation techniques will be used to help promote visual/mental focus. Participants who walk unaided as well as those who use canes or walkers can benefit from this easy class set to soft music.

Low-Impact Cardio Workout



Fridays 9:15 – 10:00am

What do we do?

Hi, we're your instructors and we LOVE teaching these classes and sharing our enthusiasm for fitness with you! This fun, easy-to-follow, seated and standing movement class emphasizes light cardio work and can be done by people of any fitness level. Everyone works at their own pace and all movements can be adapted to suit each participant's comfort. We work on maintaining range of motion, increasing energy, improving circulation and having fun. Exercises are performed to lively, cheerful music from the '40s, '50s, and '60s.

Strength and Stability



Wednesdays 9:15 – 10:00am

What do we do?

We instructors love teaching these classes and sharing our enthusiasm for fitness with you! This fun, easy-to-follow, seated and standing or seated strength and stability class emphasizes light toning with hand weights and can be done by people of any fitness level. Everyone works at their own pace and all movements can be adapted to suit each participant's comfort. We work on maintaining range of motion, increasing energy, improving circulation and having fun. Exercises are performed to lively, cheerful music from the '40s, '50s, and '60s.

SUMMER CLASSES ARE HELD OUTDOORS

All exercises can be done seated or standing, depending on the participant's comfort level. All you have to do is show up!

There is no charge for this program! Classes are *free* to residents of Kentlands Manor

