



# Group Exercise Classes (Jan.-Apr.)



**FREE for all members!**

## TEAM TRAINING

Together Everyone Achieves More is a boot camp style class for intermediate to advanced exercisers who are looking to encourage and challenge each other in a group setting. The class format includes group training work designed to meet each person's specific goals and needs.

**Mon. & Wed: 5:15-6:00pm**

**Tues. & Thurs: 5:30 – 6:15pm**

**Wed, Fri, & Sat: 9:15 – 10am**

## Align & Define

This strength class will focus on supporting joint health & enhanced muscle strength/definition. A variety of circuits and complexes using a various exercise tools will be utilized. The class format will include group and small group circuits while instructor support is provided to promote joint health and maximal gains.

## Senior Strength & Function

**Tues. and Thurs.: 9-9:45am**

For individuals 60 & over, this class is focused on exercising in a group setting to improve strength, flexibility/mobility, function, and balance. This class uses obstacle courses, circuit work, and a variety of functional activities/games along with strength and range of motion exercises. The goal is to be functionally fit for activities of daily living and/or recreational activities. Using a group setting, participants will be able to encourage one another and challenge themselves based on their ability.

**Mon. & Fri.: 11:00-11:45am**

## Minds, Muscles, & Mobility

For individuals 60 & older focused on exercising the mind, strengthening the muscles, and promoting healthy joint mobility. A variety of interactive brain games will be included in each class to support brain and balance health. This chair-based class (seated or standing with support) will include group or small group exercise circuits to help improve strength and mobility for daily function and recreation.

## Brains & Games

**2<sup>nd</sup> Tuesday of every month, 11:00-11:45am**

This monthly program will include health & wellness education and exercises for the mind, muscles, and joint health. Monthly education topics will vary, but the exercises will have an age-appropriate focus to promote optimal wellness as we age.

**Jan. 9<sup>th</sup>: "Effective Strategies for a Healthier 2018 as we Age" Mar. 13<sup>th</sup>: "Healthy Nutrition Tips"**

**Feb. 13<sup>th</sup>: "Supporting a Heart Healthy Lifestyle"**

**Apr. 10<sup>th</sup>: "Managing Arthritis"**

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