

June Newsletter

Group Fitness Classes Offered at the Alabaster Senior Center

Mondays from 1-2pm – Head to Toe Fitness

Join this class for fitness and fun! Improve your cardiovascular and muscular endurance along with balance, flexibility and range of motion to assist with daily activities. A winning combination of low-impact aerobics mixed with strengthening exercises using hand-held weights, resistance tubing, balls, etc. All fitness levels welcome! Join us as we strengthen our body, mind and spirit and support each other in the pursuit to make everyday a healthier day!

Space is limited. \$2/class.

Tuesdays from 1:15-2:15pm- Gentle Yoga

Combines traditional/modified yoga postures and breathing techniques. Come improve your overall health through understanding your body better and leave feeling refreshed and reenergized. Gentle movement is modified to allow the class to be completed by a standing or seated participant; all levels of fitness are welcome. Space is limited. \$2/class

Wednesday from 9:30-10:30am -Arthritis Exercise Program

Helps alleviate pain and stiffness, maintain range of motion, improve balance and coordination, increase endurance and overall health. This is a seated class with health tips given on steps you can take to healthier living. Space is limited. \$2/class.

Wednesday from 1:00-2:00pm- Zumba Gold... Gold is Bold!!!

Want a boost into the New Year??? Have fun!! Feel the Music!! Gain **Strength... Balance... Agility... and Cardio Fitness!!!** Six weeks, January 4 through February 8. We'll start with a breakdown of all the steps to get you ready to feel the music. The strength training, balance and agility begin from the first movement! Learn the moves and then we'll Party!!! \$2/class.

Thursday from 9:15am Intermediate Class Line Dancing

For dancers with some prior line dance experience. High beginner and intermediate dances will be taught with more complicated steps and at a faster pace. Students may move up to this class when they feel they are ready. Space is limited. \$2/class.

Thursday from 10:10-11am Beginner Class Beginner Line Dancing

For students new to line dancing. Several easy beginner dances will be taught in each class. Instruction will proceed at an easy pace and repetition will be emphasized. Appropriate supportive shoes should be worn such as tennis shoes, boots, and flats. High heels and backless shoes are not appropriate. Safety is a priority. Space is limited. \$2/class.

Thursday from 12:30-2:00pm Ageless Adventures in Movement

Uses movement as a language to express an idea. As we explore some issues of aging and learn the basics of creative movement. We'll learn to use the elements of dance to tell our stories and explore the concept of the relationship between dance and the well-being of mind, body and spirit. No prior dance experience is necessary. We'll build our dance vocabulary as we go! This is an ongoing class \$2/class.

Tuesdays from 2:15-3:15pm- Gentle Yoga

Combines traditional/modified yoga postures and breathing techniques. Come improve your overall health through understanding your body better and leave feeling refreshed and reenergized. Gentle movement is modified to allow the class to be completed by a standing or seated participant; all levels of fitness are welcome. Space is limited. \$2/class

Fridays at 10am-11am- Tempo!

Do you worry about falling? Losing strength? Feeling off balance? Coordination? Memory? We address all of these things in Tempo! while enjoying moving to music from every era! Join us to get cardio conditioning, strength training, flexibility, balance and stretch. Work on your body and recall its best use! \$2/class.