

December 2015
Senior Center Information

Important- The Senior Center will be closed December 22 and reopen on January 4, 2016.

Note: Space is limited in exercise classes. Sign up for each class begins 30 minutes prior to the start of a class. First come, first serve basis.

Head to Toe Fitness Class- Mondays from 1-2pm. Build muscular strength, increase your cardiovascular endurance and improve your balance, flexibility and range of motion as you have fun and move to the music! Do all this seated or standing.....it's your choice! This class will incorporate the use of hand weights, resistance tubing, balls, etc. into an enjoyable exercise class that will help you manage your activities of everyday living with ease. So join us as we strengthen our body, mind and spirit, and support each other in the pursuit to make everyday a healthier day! \$2/class.

Arthritis Exercise Program- This class helps improve pain and stiffness, maintain range of motion, balance, coordination, and also increases endurance and improves overall health. Every Wednesday from 9:30-10:30am. Space is limited. \$2/class.

Mark Your Calendars- Zumba Gold – A beginner class – the FIRST Wednesday in January (6th). This class will focus on breaking down the steps and movements. If you have never participated in a Zumba class or it has been a long time, come to this class. Wednesday from 1-2pm. Cost is \$2/class.

Line dancing- join us on Thursday for the 9:15am intermediate class or the 10:10am beginner class. No experience necessary. Cost \$2/class.

Gentle Yoga- an hour class that combines traditional yoga postures and breathing techniques. Gentle movement is modified to allow the class to be completed by a standing or seated participant. All levels of fitness are welcome. Tuesdays from 1:15-2:15pm. Cost is \$2/person and space is limited.

Tempo! – Fridays at 10am. This exercise class will focus on stretching, cardio, light weights and having fun! You won't want to miss this class. \$2/class.

You won't want to miss all the activities at the Senior Center:

- Timeless Treasures (singing): Mondays at 10:00 am
- Head to Toe Fitness: Mondays from 1:00 pm until 2:00 pm

- Wii Bowling: Tuesdays from 12:00 pm until 2:00 pm
- Gentle Yoga: Tuesdays from 1:15 pm until 2:15 pm

- Rook: Wednesdays at 9:00 am
- Arthritis Exercise: Wednesdays from 9:30 am until 10:30 am
- Zumba Gold (exercise): Wednesdays from 1:00 pm until 2:00 pm

- Beginner/Inter Line Dancing: Thursdays at 9:15 am until 10:05 am
- Beginner Line Dancing: Thursdays at 10:10 am until 11:00 am
- Bridge: Thursdays from 12:30 pm until 3:00 pm
- Ageless Adventures in Movement: Thursdays from 1:00 pm until 2:30 pm

- Tempo exercise: Fridays at 10:00 am

If you would like more information concerning Senior programs, please contact the Alabaster Senior Center at 205-663-1307 or awalters@cityofalabaster.com