

SPRING IS IN THE AIR! GET OUT AND MOVE, MOVE, MOVE!!



TAI CHI HAS MANY BENEFITS

JOIN US FOR TAI CHI OFFERED
EACH THURSDAY AT 9:30-
10:30am. Cost \$7

A pleasurable and beautiful form of exercise that builds strength, balance and peace of mind. Learn slowly and step by step using gentle flowing movements. Beneficial to overall health, is very relaxing and provides great stress relief. In a recent study group of the American Journal of Geriatric Psychiatry, those practicing Tai Chi experienced greater improvement in their levels of depression, as well as an enhanced quality of life, better cognition and more overall energy than the non-practicing group.



BALANCE AND STRETCH

To help prevent falling

JOIN US EVERY FRIDAY FROM
9:30-10:30AM. Cost \$7

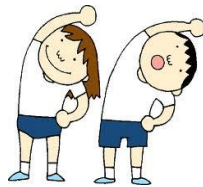


Falls in the elderly are the leading cause of fatal as well as non-fatal injuries. The most common types of injuries sustained after falls include hip, spine, and wrist fractures, as well as head trauma.

The classes are meant to help you with balance and overall strength improvements. These exercises are geared for your daily living tasks like picking something up, walking, and daily chores.

Even though this is a group class, personal attention will be given to you for helpful tips and to push you the appropriate amount. Each exercise can be modified to your needs and goals to gain the most out of each session. No matter what fitness level you are at, there is an exercise for you!

LOW IMPACT EXERCISE CLASSES



Join us for exercise every Monday and Friday from 8:15-9:15am. Cost \$7

Low impact exercise is often used in conjunction with the words gentle, easy or light and is often recommended for people who can't or don't want to do high intensity exercise. But what if you want to work hard, but don't want all the jumping around?

While it's important to have some type of impact for healthy bones, you don't necessarily have to jump around to get an intense workout. Many low impact exercises (which simply means one foot is always in contact with the ground) can get your heart rate into your target heart rate zone...the catch is, you may have to work a little harder.

INTERESTED IN YOGA?



PLEASE CONTACT US FOR INFORMATION

Yoga Poses & Benefits are grouped into three categories-physiological, psychological, biochemical effects.

Yoga, as we all know, is aimed to unite the mind, the body, and the spirit. Yogis view that the mind and the body are one, and that if it is given and taken to the right environment, it can find harmony and heal itself. Yoga therefore is considered therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment to feel fitter, be more energetic, be happier and peaceful.