

FALL FITNESS

ANDOVER • ELDER SERVICES



This year our Fall Fitness Session will run for 8 weeks at **\$25 per 8-week class**. Classes will run from September 13 to November 5.

Registration opens September 1st. There are three ways to register:

1. In-person at the Robb Center
2. Online at <https://andoverma.gov/227/Elder-Services> by filling out the Fitness Registration Form
3. Over the phone by calling 978-623-8320

In-person registration day is September 1 from 9am-2pm at the Robb Center

Payment for classes will open once classes meet minimum capacity.

Registration for classes will end September 10. At least 12 people must register for the class or else the class will be cancelled.

Classes:

Men & Women in Motion with Tracy: *Mondays at 8:15am.* A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention. *In-Person Only. No class on October 11*

Strength & Stretch with Tracy: *Mondays at 9:15am.* An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class. No class on October 11*

Sit and Get Fit with Tracy: *Mondays at 11:00am.* This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class. No class on October 11*

Women's Fitness Program with Alex: *Mondays & Fridays at 11:15am.* Activities of daily life should be "pain" free. When exercising into our later years it is important to keep in mind our joint health. Through taking this program, help combat bone and muscle loss in this circuit style program. This is a circuit style class combining pure strength with muscle endurance. If there are any questions or concerns, start a conversation with our trainer Alex at cassella@merrimack.edu.

Contact Information

978-623-8320

<https://andoverma.gov/227/Elder-Services>

Email Kelly with questions:
Kelly.mackay@andoverma.us

Men's Fitness Program with Alex: Mondays & Fridays at 1:30pm

As we age, it is important to remember the baseline things that keep us healthy. Activities of daily life should be "pain" free. When exercising into our later years it is important to keep in mind our joint health. Through taking this program, help combat bone and muscle loss in this circuit style program. This is a circuit style class combining pure strength with muscle endurance. If there are any questions or concerns, start a conversation with our trainer Alex @ (cassella@merrimack.edu). *In-Person Only. No class on October 11*

Advanced Yoga for Beginners with Patricia: Mondays at 2:00pm. This is for students with some yoga experience, but is gentle. You can use a chair to assist you and/or the floor for sitting and lying down for stretching and final meditation. This is a flowing yoga which moves from standing warrior poses to chair or floor. *Hybrid Class. No class on October 11*

Nordic Walking for Beginners with Denise: Tuesday at 8:00am at Town Hall Lawn. Nordic pole walking combines an upper-body strength workout with a cardiovascular workout, engaging 90% of your body's muscles making your walk into a total body workout! Learn to use these specially designed poles to improve your posture, put less stress on your lower body joints, improve flexibility and burn more calories. Nordic Walking poles are available to rent from the Senior Center (first come, first served). This class will be held only when the weather permits. There will be no make-up classes.

Taiji (Tai Chi) for Health with Meg Continuing: Tuesdays at 9:15am. Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. This course is for students who have already participated in the beginner course and want to learn more. It utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help those, who have been learning taiji (tai chi), to continue developing their practice. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class.*

Taiji (Tai Chi) for Health with Meg Beginners: Tuesdays at 10:30am. Taiji (Tai Chi) is a martial art that has been recognized as a mind/body practice promoting health and wellness. Participate in Meg Holmes' course and discover why taiji (tai chi) is often called moving medication and moving meditation. This course utilizes the Yang Style 24 Form and the Eight Pieces of Brocade to help seniors develop a regular regime for wellness and health. Students in class have the advantage of being able to ask questions and be helped immediately. *Hybrid Class.*

Men & Women in Motion with Denise: Wednesdays at 8:15am. A well-balanced functional exercise class for active older adults. The class includes cardio vascular fitness to improve aerobic capacity, as well as strength training to combat decreased muscle mass, common with the aging population, and flexibility and stretching to improve range of motion. Agility drills help improve coordination and reaction-time. Balance, gait, and core exercises are beneficial for fall prevention.

Strength & Stretch with Denise: Wednesdays at 9:15am. An exhilarating strength class to help increase muscle mass, strengthen core, and improve posture, followed by stretching and relaxation. All levels welcome. Need weights or equivalent. *Hybrid Class.*

Sit and Get Fit with Denise: Wednesdays at 10:15am. This class begins seated and progresses to standing for those who are able to. The focus is on building functional strength, flexibility and balance, all while having a good time! Exercise bands are suggested. *Hybrid Class.*

Energize & Rejuvenate with Pat: *Wednesdays at 11:00am.* This class will incorporate three exercise components. # 1 heart healthy cardio, #2 muscle shaping, #3 stretching and body alignment with progressive relaxation to end the class. *Hybrid Class.*

Veterans Class with Alex: *Wednesdays at 1:30pm.* All veterans welcome (men & women), free of cost. This program is designed to specifically help veterans improve their health. Through taking this program, help combat bone and muscle loss in this circuit style program. This is a circuit style class combining pure strength with muscle endurance. *6 maximum participants. In-Person Only*

Corrective Exercise & Stretching with Alex: *Wednesdays at 2:30pm.* Depending on the areas of the body that have tightness or discomfort, we can devise a corrective approach to fitness; which helps build on exercise prevention. In class we will be “disengaging” the body as well as consciously engaging in “slow tempos” designed to help “listen” to the body. Through taking class, understand your limitations and strengths in either mobility or stability. Over the course of 3 weeks learn a total body “movement prep/warm-up” aimed towards “tuning up” all areas of the body. *In-Person Only*

Zumba with Val: *Thursdays at 8:15am.* Love to dance? This class is for you! Dances are geared for beginner to intermediate level. A great way to get some exercise and meet new people. Routines are reviewed each week with new routines being added as we progress. *In-Person Only.*

Line Dancing with Val: *Thursdays at 9:15am.* Learn simple but easy to follow dance moves to a variety of music. Class will incorporate up to 30 minutes of dance/cardio and finish with 15 minutes of muscle conditioning. A great class for all levels and for all that love to move! *In-Person Only.*

Strength & Cardio with Tracy: *Thursdays at 9:30am.* A fun energizing total body class that focuses on low impact cardio and muscle strengthening exercises. Improves functional movement and balance for everyday life activities. *Zoom only.*

Gentle Therapeutic Yoga with Pat: *Thursdays at 10:45am.* A sitting and/or standing approach to strengthening the body improving posture and balance with soothing music and gentle stretches to help attain harmony through mind and body connections. *Hybrid.*

Greek Dancing with Sophia: *Thursdays at 1:30pm.* Exercise your body and mind while learning the steps to Greek dances. Greek dancing is a traditional, energetic, and fun activity that has been passed down for generations. While in a circle, participants hold hands and complete the steps together to the music. *In-Person Only.*

Strength Training with Barb: *Fridays at 8:30am.* Concentrates on toning muscles, building endurance, and improving balance by using free weights, bands, and balls. We warm up and stretch at the start of class and end with a cool down and more stretching. *Hybrid.*

**The 2021 Participation Waiver is required for ALL individuals participating in any Andover Elder Services Fitness Program. This waiver must be filled out annually. You may fill out your waiver on our website (<https://andoverma.gov/227/Elder-Services>) or in-person at the Robb Center.*

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	Wellness Room
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 11:00am	Hybrid
Women's Fitness Class with Alex	Mondays & Fridays 11:15am	Fitness Room
Men's Fitness Class with Alex	Mondays & Fridays 1:30pm	Fitness Room
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Wellness Room
Nordic Walking for Beginners with Denise	Tuesday at 8:00am	Outdoors
Continuing Taiji with Meg	Tuesdays at 9:15am	Hybrid
Beginning Taiji with Meg	Tuesdays at 10:30am	Hybrid
Men & Women in Motion with Denise	Wednesdays at 8:15am	Wellness Room
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
Veteran's Class with Alex	Wednesdays at 1:30pm	Fitness Room
Corrective Exercise & Stretching with Alex	Wednesdays at 2:30	Wellness Room
Zumba with Val	Thursdays at 8:15am	Wellness Room
Line Dancing with Val	Thursdays at 9:15am	Wellness Room
Strength & Cardio with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Wellness Room
Greek Dancing Class with Sophia	Thursday at 1:30pm	Wellness Room
Strength Training with Barb	Fridays at 8:30am	Hybrid

