

YOUR HEALTH  
**IN**  
FOCUS

# FOCUS ON FITNESS

## EXERCISE CLASSES FOR RETIREES

### Get Moving

Monday • 5:30pm • Wellness Center Multipurpose Room | Free

Get Moving is a low-impact exercise program with dance-inspired movement. Each 45-minute class is filled with energy, enthusiasm, and fun. The different styles of dance used in the class include Latin, modern, funk, hip-hop, and more!

### Tai Chi

Tuesday • 5:30pm • Wellness Center Multipurpose Room | Free

Tai Chi is a martial arts program that is a safe, gradual way to improve flexibility and range of motion. Tai Chi can help reduce the effects of ailments like arthritis, heart disease, and Parkinson's disease and improve cognitive function. The movements focus on building healing energy to improve circulation, strengthen bones, and reduce stress and anxiety.

### Power Jam

Wednesday • 5:30pm • Wellness Center Multipurpose Room | Free

Power Jam is a group exercise training program designed to build strength and fitness through a variety of exercises. Participants run, jog, lunge, and jump for 45 to 60 minutes using their own body weight as resistance. Power Jam is suitable for all fitness levels, and modified exercises are provided for participants with minor injuries (knee or lower back issues, for example).

### Yoga

Tuesday • 6:30am | Thursday • 11:30am | Thursday • 5:30pm | Room assignment varies.

Yoga is a group of physical and mental practices and one of the oldest forms of exercise. Classes are open to all retirees and their spouses. The monthly cost per student is \$50, payable to instructor Barbara Greenberg. The drop-in rate is \$15 per class. Attend your first class for free!



If you have any questions,  
please call Benefits at 770.822.7932

