

Senior Programs

APRIL-AUGUST 2010

For help with class placement, contact the Senior Program Coordinator at 269.552.2358. All classes are held at the Borgess Health & Fitness Center unless otherwise noted.

Aquatic Functional Fitness

A gentle post-therapy class in our warm water pool for people needing an individualized approach to exercise to improve independence and function in their daily lives. Cost \$48, BHFC member \$21.

Tu & Th: 2-3 p.m.
April 27-June 17 or June 22-August 12

Back On Track

A gentle post-therapy class in our warm water pool to improve flexibility, strength, balance and endurance. Cost \$48, BHFC member \$21.

M & W: 10:10-11 a.m.
April 26-June 16
(no class 5/31, Cost \$45, BHFC members \$20)
June 21-August 11

Chair Yoga

Experience the age-old benefits of yoga from the safety and comfort of a seated position. Promote strength and flexibility while managing stress and easing tension from your muscles. Cost \$24, free to BHFC members.

M: 10-11 a.m.
April 26 -June 14 *(no class 5/31, Cost \$21)*
June 21-August 9

Easy Does It

An easy, all around workout in our warm water pool includes toning, gentle aerobics, core work and stretching. Cost \$56, BHFC members do not need to register.

Tu & Th: 7:30-8:20 p.m.
April 27-June 17 or June 22-August 12

Joints In Motion

Enjoy the soothing warm water therapy pool in this special class designed for individuals with joint disease.

M, W & F: 11-11:55 a.m.
April 26-June 18 or June 21-August 13
Cost Session I: \$58, BHFC member \$29
Cost Session II: \$60, BHFC member \$30

Tu & Th: 11-11:55 a.m.
April 27-June 17 or June 22-August 12
Cost \$40, BHFC member \$20

Mild Yoga

No Yoga experience necessary for this yoga class. If you have wanted to experience yoga benefits, but were afraid a class was beyond your ability, this is a great place to start. Cost \$48, BHFC members do not need to register.

M: 11 a.m.-Noon & F: 10-11 a.m.
April 26-June 18 *(no class 5/31, Cost \$45)*
June 21-August 13

Senior Programs continued

Movement Improvement

Improve your flexibility and balance while working to build strong muscles. Seated and standing activities. Cost \$38, BHFC members do not need to register.

Tu & Th: 11-11:50 a.m.

April 27-June 17 or June 22-August 12

Pilates/Yoga Fusion for the Pool

This mind/body class combines Pilates principles of core strength with Yoga principles of stretching the body and centering the mind. All activities are enhanced by zero gravity environment of the pool which allows participation of individuals who cannot participate in land-based Pilates or Yoga classes. Cost \$24, BHFC members do not need to register.

Tu: 1-1:50 p.m.

April 27-June 15 or June 22-August 10

Th: 1-1:50 p.m.

April 29-June 17 or June 24-August 12

Practical Exercise

Seated and standing activities improve your personal independence by stretching and strengthening sit-to-stand, walking, carrying and balancing muscles. Class includes a walking aerobic component. Cost \$38, BHFC members do not need to register

Tu & Th: 10-10:55 a.m.

April 27-June 17 or June 22- August 12

Senior Wellness Project

A registered nurse, social worker and health mentor will help you develop and follow a plan to improve your overall health. For more information on this grant-sponsored program or to schedule an appointment, call Borgess-Pipp Hospital at 269.685.0723.

T'ai Chi

T'ai Chi is a series of slow motion movements which produce a high degree of relaxation, balance, flexibility and coordination. During each session every muscle, joint, ligament, tendon, lymph node and internal organ is exercised. T'ai Chi is one of the finest heart and lung exercises. Cost \$68, BHFC member \$50.

Th: 10-10:55 a.m.

April 29-June 17 or June 24-August 12

BORGESS HEALTH



To register, visit wellness.borgess.com or call 269.226.8135 or 1.800.828.8135.